

SEP. 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Meal reservations and cancellations must be made at least three business days in advance. Members age 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5. Members without a lunch reservation may be placed as a "standby" meal based on availability. Tofu in lieu of meal protein is available.				
	1	2	3	4
Milk and fruit served daily	Sweet and Sour Pork 糖醋猪肉, Roasted Yellow Squash, Chop Suey	Beef Chili 香辣牛肉, Macaroni & Cheese, Broccoli	Roasted White Fish 烤白鱼 with Ginger Scallions & Soy, Roasted Eggplant, Garlic Green Beans	Beef 牛肉面 & Noodle Soup with Onion, Carrots & Bok Choy
7	8	9	10	11
CENTER CLOSED Labor Day Holiday 	Thai Coconut Shrimp Soup w/ Rice 椰子虾汤, Mushroom & Green Bell Pepper/Tomato	Sesame Chicken 芝麻雞, Green Beans, Asian Mixed Vegetable	Ginger and Scallion Beef 薑蔥牛肉, Napa Cabbage, Asian Mixed Veg	Kung Pao Pork 宮保猪肉, Napa Cabbage, Broccoli
14	15	16	17	18
Mandarin Glazed Baked Fish 柑橘釉烤鱼, Zucchini, Chop Suey	Szechuan Beef 四川牛肉, Napa Cabbage, Mushrooms	Smothered Turkey 焖火鸡, Mashed Sweet Potatoes, Green Beans	Ginger Glazed Sticky Pork 蜜汁姜香烤猪肉, Broccoli, Parsley Carrots	Chicken Breast Strips 烤箱炸雞, Mashed Potato w/ Gravy, Corn
21	22	23	24	25
Bang Bang Fish 碎碎鱼, Broccoli, Yellow Squash	Sticky Pork Ribs 蜜汁排骨, Napa Cabbage, Asian Mixed Vegetable	Beef Taco Bowl 碎牛肉炸玉米饼 with Lettuce, Tomatoes & Cheddar, Pinto Beans	Chicken & Cabbage Stir-Fry 鸡肉炒包菜, Green Beans, Mixed Vegetables,	Sweet and Sour Pork 糖醋排骨, Bok Choy, Asian Mixed Vegetable
28	29	30	 	
Miso Chicken Soup 味噌鸡汤 with Cabbage & Carrots	Country Fried Steak w/ Gravy 炸牛排, Mashed Potato, Buttered Carrots	Soy Baked Fish 豆油焗魚, Asian Mixed Vegetable, Zucchini		