

Catholic Charities Enterprises: Asian Pacific Community Dining - February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		¹ <u>Chicken Legs</u> 2 Chicken Legs in Soy Sauce 2/3 cup Rice 1/2 cup Napa w/ Noodles Tossed Salad w/ Dressing Bread 1-oz 100% Grape Juice 6-oz Yogurt Light 6-oz	² <u>Fish w/ Bean Curd</u> 2 oz Fish w/ 1/4 cup Bean Curd 1 cup Rice 1/2 cup Broccoli w/ Garlic Tossed Salad w/ Dressing Bread 1-oz Peach Cup 4-oz 1% Plain Milk 8-oz	³ <u>Chicken Wings</u> 3 Chicken Wings w/ Ginger 1 cup Rice 1/2 cup Mixed Vegetables Tossed Salad w/ Dressing Bread 1-oz 100% Orange Juice 6-oz Yogurt Light 6-oz
⁶ Shrimp and Scrambled Eggs 3/4 cup Shrimp and Eggs 1 cup Rice 1/2 cup Broccoli Tossed Salad w/ Dressing Bread 1-oz Banana, Fresh Yogurt Light 6-oz	⁷ <u>Pork w/ Bean Curd</u> 2 oz Pork, 1/4 cup Bean Curd 1 cup Rice 1/2 cup Cabbage Tossed Salad w/ Dressing Bread 1-oz Peach Cup 4-oz 1% Plain Milk 8-oz	⁸ <u>Chicken w/ String Beans</u> 3 oz Chicken 1 cup Rice and Noodles 1/2 cup String Beans Tossed Salad w/ Dressing Bread 1-oz 100% Grape Juice 6-oz Yogurt Light 6-oz	⁹ <u>Roast Pork w/ Bean Curd</u> 3 oz Roast Pork and Bean Curd 1 cup Rice 1/2 cup Cauliflower Tossed Salad w/ Dressing Bread 1-oz Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz	¹⁰ <u>Fish w/ Vegetables</u> 3 oz Fish Fillet 1 cup Rice 1/2 cup Lo-Han Vegetables Tossed Salad w/ Dressing Bread 1-oz 100% Orange Juice 6-oz Yogurt Light 6-oz
¹³ <u>Chicken Wings in Curry Sauce</u> 3 Chicken Wings in Curry Sauce 1 cup Rice 1/2 cup Mixed Vegetables Tossed Salad w/ Dressing Bread 1-oz 100% Apple Juice 6-oz Yogurt Light 6-oz	¹⁴ <u>Pork w/ Cabbage</u> 2 oz Pork, 1 oz Shrimp 1 cup Rice 1/2 cup Cabbage Tossed Salad w/ Dressing Bread 1-oz Banana, Fresh 1% Plain Milk 8-oz	¹⁵ <u>Chicken w/ Bean Sauce</u> 2 oz Chicken w/ Bean Curd 1 cup Rice 1/2 cup Vegetables Tossed Salad w/ Dressing Bread 1-oz 100% Grape Juice 6-oz Yogurt Light 6-oz	¹⁶ <u>Fish w/ Bean Curd</u> 2 oz Fish, 1/4 cup Bean Curd 1 cup Rice 1/2 cup String Bean in Garlic Sauce Tossed Salad w/ Dressing Bread 1-oz Mandarin Oranges (4-oz) 1% Plain Milk 8-oz	¹⁷ <u>Pork w/ Vegetables</u> 2 oz Pork, 1 oz Egg 1 cup Rice 1/2 cup Mixed Vegetables Tossed Salad w/ Dressing Bread 1-oz 100% Orange Juice 6-oz Yogurt Light 6-oz
²⁰ <u>HOLIDAY</u>	²¹ <u>Chicken w/ Black Bean Sauce</u> 3 oz Chicken w/ Black Bean Sauce 1 cup Rice 1/2 cup Zucchini w/ Garlic Tossed Salad w/ Dressing Bread 1-oz Fruit Cup 4-oz 1% Plain Milk 8-oz	²² <u>Pork w/ Bok Choy</u> 3 oz Double Cooked Pork 1 cup Rice 1/2 cup Shanghai Bok Choy Tossed Salad w/ Dressing Bread 1-oz 100% Grape Juice 6-oz Yogurt Light 6-oz	²³ <u>Chicken w/ Vegetables</u> 2 oz Chicken, 1 oz Shrimp 1 cup Rice and Noodles 1/2 cup Mixed Vegetables Tossed Salad w/ Dressing Bread 1-oz Applesauce 4-oz 1% Plain Milk 8-oz	²⁴ <u>Roast Pork</u> 3 oz Roast Pork 1 cup Rice 1/2 cup String Bean, Cauliflower Tossed Salad w/ Dressing Bread 1-oz 100% Orange Juice 6-oz Yogurt Light 6-oz
²⁷ <u>Chicken w/ Bean Sauce</u> 2 oz Chicken, 1/4 cup Bean Curd 1 cup Rice 1/2 cup Mixed Vegetables Tossed Salad w/ Dressing Bread 1-oz 100% Apple Juice 6-oz Yogurt Light 6-oz	²⁸ <u>Shrimp w/ Tomatoes</u> 3 oz Shrimp w/ Tomatoes 1 cup Rice 1/2 cup Chinese Radish Tossed Salad w/ Dressing Bread 1-oz Banana, Fresh 1% Plain Milk 8-oz			