

## Catholic Charities Enterprises: Asian Pacific Community Dining - March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<u><b>Chicken Legs</b></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	<u><b>Fish w/ Bean Curd</b></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	<u><b>Chicken Wings</b></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	7	8	9	10
<u><b>Shrimp and Scrambled Eggs</b></u> 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	<u><b>Pork w/ Bean Curd</b></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	<u><b>Chicken w/ String Beans</b></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	<u><b>Roast Pork w/ Bean Curd</b></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	<u><b>Fish w/ Vegetables</b></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	14	15	16	17
<u><b>Chicken Wings in Curry Sauce</b></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	<u><b>Pork w/ Cabbage</b></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	<u><b>Chicken w/ Bean Sauce</b></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	<u><b>Fish w/ Bean Curd</b></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	<u><b>Pork w/ Vegetables</b></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	21	22	23	24
<u><b>Shrimp, Pork and Bean Curd</b></u> 3 oz Shrimp, Pork, 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	<u><b>Chicken w/ Black Bean Sauce</b></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	<u><b>Pork w/ Bok Choy</b></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	<u><b>Chicken w/ Vegetables</b></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	<u><b>Roast Pork</b></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	28	29	30	31
<u><b>Chicken w/ Bean Sauce</b></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	<u><b>Shrimp w/ Tomatoes</b></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	<u><b>Chicken Legs</b></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	<u><b>Fish w/ Bean Curd</b></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	<u><b>Chicken Wings</b></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