

## Catholic Charities Enterprises: Asian Pacific Community Dining - November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p><b><u>Shrimp w/ Tomatoes</u></b>                      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</p>	<p><b><u>Chicken Legs</u></b>                      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</p>	<p><b><u>Fish w/ Bean Curd</u></b>                      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</p>	<p><b><u>Chicken Wings</u></b>                      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</p>
7	8	9	10	11
<p><b><u>Shrimp and Scrambled Eggs</u></b>                      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</p>	<p><b><u>Pork w/ Bean Curd</u></b>                      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</p>	<p><b><u>Chicken w/ String Beans</u></b>                      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</p>	<p><b><u>Roast Pork w/ Bean Curd</u></b>                      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</p>	<p><b><u>Veteran's Day</u></b></p>
14	15	16	17	18
<p><b><u>Chicken Wings in Curry Sauce</u></b>                      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</p>	<p><b><u>Pork w/ Cabbage</u></b>                      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</p>	<p><b><u>Chicken w/ Bean Sauce</u></b>                      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</p>	<p><b><u>Fish w/ Bean Curd</u></b>                      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</p>	<p><b><u>Pork w/ Vegetables</u></b>                      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</p>
21	22	23	24	25
<p><b><u>Shrimp, Pork and Bean Curd</u></b>                      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</p>	<p><b><u>Chicken w/ Black Bean Sauce</u></b>                      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</p>	<p><b><u>Pork w/ Bok Choy</u></b>                      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</p>	<p><b><u>Thanksgiving Day</u></b></p>	<p><b><u>Roast Pork</u></b>                      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</p>
28	29	30		
<p><b><u>Chicken w/ Bean Sauce</u></b>                      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</p>	<p><b><u>Shrimp w/ Tomatoes</u></b>                      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</p>	<p><b><u>Chicken Legs</u></b>                      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</p>		