

## Catholic Charities Enterprises: Asian Pacific Congregate Meal Service - October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b><u>Eggs w/ Fried Onion</u></b> 2 Eggs w/ Fried Onion 1 cup Rice 1 cup Vegetable Stir-Fry w/ Lentils Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<b><u>Chicken Wings</u></b> 3 Chicken Wings 1 cup Rice 1 cup Carrots, 1/2 cup Curry Potato Tossed Salad w/ Dressing Applesauce 4-oz 1% Plain Milk 8-oz	<b><u>Tofu w/ Lo Han Vegetables</u></b> 3 oz Tofu 1 cup Rice 1 cup Lo Han Vegetables Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz
6	7	8	9	10
<b><u>Chicken w/ Eggplant</u></b> 3 oz Chicken 1 cup Rice 1 cup Eggplant Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	<b><u>Fish w/ Bitter Melon</u></b> 3 oz Fish 1 cup Rice 1 cup Bitter Melon and Onions Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz	<b><u>Steamed Pork Patties</u></b> 3 oz Pork Patties 1 cup Rice 1 cup Water Chestnuts Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<b><u>Chicken w/ Peppers</u></b> 3 oz Chicken 1 cup Rice 1 cup Peppers Tossed Salad w/ Dressing Peach Cup 4-oz 1% Plain Milk 8-oz	<b><u>Fish w/ Sour Cabbage</u></b> 3 oz Fish 1 cup Rice 1 cup Cabbage Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz
13	14	15	16	17
<b><u>Columbus Day</u></b>	<b><u>Country Style Chicken</u></b> 3 oz Chicken 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing Mandarin Oranges (4-oz) 1% Plain Milk 8-oz	<b><u>Eggs w/ Seasonal Vegetables</u></b> 2 Eggs w/ Seasonal Vegetables 1 cup Rice 1 cup Vegetable Stir-Fry w/ Lentils Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<b><u>Sliced Pork w/ Pea Pods</u></b> 3 oz Pork 1 cup Rice 1 cup Pea Pods Tossed Salad w/ Dressing Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz	<b><u>Fish w/ Vegetables</u></b> 3 oz Fish 1 cup Rice 1 cup Vegetables Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz
20	21	22	23	24
<b><u>Chicken Wings w/ Bean Sauce</u></b> 3 Chicken Wings w/ Bean Sauce 1 cup Rice 1 cup Carrots Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	<b><u>Szechuan Style Bean Curd</u></b> 3 oz Bean Curd 1 cup Rice 1 cup Mixed Vegetables Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz	<b><u>Onion Pork Chops</u></b> 3 oz Pork Chop 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<b><u>Chicken w/ Eggplant</u></b> 3 oz Chicken 1 cup Rice 1 cup Eggplant Tossed Salad w/ Dressing Cinnamon Applesauce 4-oz 1% Plain Milk 8-oz	<b><u>Pork w/ Cabbage</u></b> 3 oz Pork 1 cup Rice 1 cup Cabbage Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz
27	28	29	30	31
<b><u>Tomato w/ Scrambled Egg</u></b> 2 Eggs with Tomatoes 1 cup Rice 1 cup Vegetable Stir-Fry w/ Lentils Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	<b><u>Pork w/ Peppers and Corn</u></b> 3 oz Pork 1 cup Rice 1 cup Peppers, Onions and Corn Tossed Salad w/ Dressing Peach Cup 4-oz 1% Plain Milk 8-oz	<b><u>Chicken w/ Squash</u></b> 3 oz Chicken 1 cup Rice 1 cup Squash Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<b><u>Sweet &amp; Sour Pork</u></b> 3 oz Pork 1 cup Rice 1 cup Peppers and Pineapple Tossed Salad w/ Dressing Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz	<b><u>Chicken w/ Black Bean Sauce</u></b> 3 oz Chicken 1 cup Rice 1 cup String Beans Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz