

Catholic Charities Enterprises: Asian Pacific Congregate Meal Service - September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><u>Labor Day</u></p>	<p><u>Country Style Chicken</u> 3 oz Chicken 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing Mandarin Oranges (4-oz) 1% Plain Milk 8-oz</p>	<p><u>Eggs w/ Seasonal Vegetables</u> 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</p>	<p><u>Sliced Pork w/ Pea Pods</u> 3 oz Pork 1 cup Rice 1 cup Pea Pods Tossed Salad w/ Dressing Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz</p>	<p><u>Fish w/ Vegetables</u> 3 oz Fish 1 cup Rice 1 cup Vegetables Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz</p>
8	9	10	11	12
<p><u>Chicken Wings w/ Bean Sauce</u> 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</p>	<p><u>Szechuan Style Bean Curd</u> 3 oz Bean Curd 1 cup Rice 1 cup Mixed Vegetables Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz</p>	<p><u>Onion Pork Chops</u> 3 oz Pork Chop 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz</p>	<p><u>Chicken w/ Eggplant</u> 3 oz Chicken 1 cup Rice 1 cup Eggplant Tossed Salad w/ Dressing Cinnamon Applesauce 4-oz 1% Plain Milk 8-oz</p>	<p><u>Pork w/ Cabbage</u> 3 oz Pork 1 cup Rice 1 cup Cabbage Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz</p>
15	16	17	18	19
<p><u>Tomato w/ Scrambled Egg</u> 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</p>	<p><u>Pork w/ Peppers and Corn</u> 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</p>	<p><u>Chicken w/ Squash</u> 3 oz Chicken 1 cup Rice 1 cup Squash Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz</p>	<p><u>Sweet & Sour Pork</u> 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</p>	<p><u>Chicken w/ Black Bean Sauce</u> 3 oz Chicken 1 cup Rice 1 cup String Beans Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz</p>
22	23	24	25	26
<p><u>Steamed Pork Patties</u> 3 oz Pork 1 cup Rice 1 cup Mushrooms Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz</p>	<p><u>Shrimp and Scrambled Eggs</u> 3 oz Shrimp and Eggs 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz</p>	<p><u>Chicken in Garlic Sauce</u> 3 oz Chicken 1 cup Rice 1 cup String Beans Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz</p>	<p><u>Fish w/ Bitter Melon</u> 3 oz Fish 1 cup Rice 1 cup Bitter Melon and Onions Tossed Salad w/ Dressing Mandarin Oranges (4-oz) 1% Plain Milk 8-oz</p>	<p><u>Roast Pork w/ Bean Curd</u> 3 oz Roast Pork and Bean Curd 1 cup Rice 1 cup Cabbage Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz</p>
29	30			
<p><u>Sweet & Sour Baked Chicken</u> 3 oz Chicken 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz</p>	<p><u>Bean Curd w/ Bok Choy</u> 3 oz Bean Curd 1 cup Rice 1 cup Bok Choy Tossed Salad w/ Dressing Fruit Cup 4-oz 1% Plain Milk 8-oz</p>			