

## Catholic Charities Enterprises: Asian Pacific Congregate Meal Service - January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>HOLIDAY</u>	<p style="text-align: right;">1</p> <p style="text-align: right;">2</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            100% Orange Juice 6-oz            1% Plain Milk 8-oz</p>
<p style="text-align: right;">5</p> <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            Banana, Fresh            1% Plain Milk 8-oz</p>	<p style="text-align: right;">6</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            Peach Cup 4-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">7</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            100% Grape Juice 6-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">8</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            Tropical Fruit Cup 4-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">9</p> <p><b><u>Fish w/ Vegetables</u></b>            3 oz Fish Fillet            1 cup Rice            1/2 cup Lo-Han Vegetables            Tossed Salad w/ Dressing            100% Orange Juice 6-oz            1% Plain Milk 8-oz</p>
<p style="text-align: right;">12</p> <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            100% Apple Juice 6-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">13</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            Banana, Fresh            1% Plain Milk 8-oz</p>	<p style="text-align: right;">14</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            100% Grape Juice 6-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">15</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            Mandarin Oranges (4-oz)            1% Plain Milk 8-oz</p>	<p style="text-align: right;">16</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            100% Orange Juice 6-oz            1% Plain Milk 8-oz</p>
<p style="text-align: right;">19</p> <p><u>HOLIDAY</u></p>	<p style="text-align: right;">20</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            Fruit Cup 4-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">21</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            100% Grape Juice 6-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">22</p> <p><b><u>Chicken w/ Vegetables</u></b>            2 oz Chicken, 1 oz Shrimp            1 cup Rice and Noodles            1/2 cup Mixed Vegetables            Tossed Salad w/ Dressing            Applesauce 4-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">23</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            100% Orange Juice 6-oz            1% Plain Milk 8-oz</p>
<p style="text-align: right;">26</p> <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            100% Apple Juice 6-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">27</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            Banana, Fresh            1% Plain Milk 8-oz</p>	<p style="text-align: right;">28</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            100% Grape Juice 6-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">29</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            Peach Cup 4-oz            1% Plain Milk 8-oz</p>	<p style="text-align: right;">30</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            100% Orange Juice 6-oz            1% Plain Milk 8-oz</p>