

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b><u>Steamed Pork Patties</u></b> 3 oz Pork 1 cup Rice 1 cup Mushrooms Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	4 <b><u>Shrimp and Scrambled Eggs</u></b> 3 oz Shrimp and Eggs 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz	5 <b><u>Chicken in Garlic Sauce</u></b> 3 oz Chicken 1 cup Rice 1 cup String Beans Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	6 <b><u>Fish w/ Bitter Melon</u></b> 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	7 <b><u>Roast Pork w/ Bean Curd</u></b> 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
10 <b><u>Sweet &amp; Sour Baked Chicken</u></b> 3 oz Chicken 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	11 <b><u>Veteran's Day</u></b>	12 <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	13 <b><u>Chicken Wings</u></b> 3 Chicken Wings 1 cup Rice 1 cup Carrots, 1/2 cup Curry Potatoes Tossed Salad w/ Dressing Applesauce 4-oz 1% Plain Milk 8-oz	14 <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
17 <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	18 <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	19 <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	20 <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	21 <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
24 <b><u>BBQ Pork Chop</u></b> 3 oz Pork Chop 1 cup Rice 1 cup String Beans Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	25 <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	26 <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	27 <b><u>Thanksgiving Day</u></b>	28 <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

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