

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				<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
4	5	6	7	8
<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	<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	<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	<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	<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
11	12	13	14	15
<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	<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	<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	<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	<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
18	19	20	21	22
<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	<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	<u>Eggs w/ Fried Onion</u> 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	<u>Chicken Wings</u> 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	<u>Tofu w/ Lo Han Vegetables</u> 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
25	26	27	28	29
<u>Chicken w/ Eggplant</u> 3 oz Chicken 1 cup Rice 1 cup Eggplant Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	<u>Fish w/ Bitter Melon</u> 3 oz Fish 1 cup Rice 1 cup Bitter Melon and Onions Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz	<u>Steamed Pork Patties</u> 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	<u>Chicken w/ Peppers</u> 3 oz Chicken 1 cup Rice 1 cup Peppers Tossed Salad w/ Dressing Peach Cup 4-oz 1% Plain Milk 8-oz	<u>Fish w/ Sour Cabbage</u> 3 oz Fish 1 cup Rice 1 cup Cabbage Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz