

This menu will go into effect on **Monday, September 11, 2023.**

Meals are prepared by Lucky Kitchen. Occasional substitutions may occur.

Week 1

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	Salted and Peppered Shrimp	Hunan Chicken	Shrimp & Steamed Egg	Pork with Tofu	Shrimp with Edamame & Shiitake	Moo Shu Pork
Soup	Wonton Soup	Bok Choy & Tofu Soup with Shiitake	Hot & Sour Soup	Egg Drop & Seaweed Soup	Chicken & Vegetable Soup	Chicken & Corn Soup
Sides	Green Bean Salad	Sweet Potato Rice	Tomato Salad	Sweet & Sour Cucumber Salad	Broccoli in Oyster Sauce	Sesame Pumpkin
	Roasted Sweet Potato & Potato	Mandarin Oranges	Green/Red Bean Rice	Boiled Potatoes	7 Grains Bean & Rice	Whole Grain Pancake
	Mixed Fresh Fruit (Grapes)	-----	Mixed Melons	Diced Peaches	Mixed Fresh Fruit (Grapes)	Cabbage Stir Fry
Dairy	Calcium Yogurt	2% Milk	Calcium Yogurt	2% Milk	Calcium Yogurt	Calcium Yogurt Drink

Week 2

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	Beef with Tomato & Tofu	Steamed Fish with Tofu	Beef with Carrot Stew	Ginger & Onion Chicken	Steamed Shrimp with Green Beans	Beef with Broccoli
Soup	Bok Choy & Tofu Soup with Shiitake	Hot & Sour Soup	Chicken & Corn Soup	Egg Drop & Seaweed Soup	Wonton Soup	Seafood & Tofu Soup
Sides	Tomato Salad	Sauteed Eggplant	Sweet & Sour Cucumber Salad	Broccoli Salad	Bok Choy Mushroom Trio	Mixed Vegetables
	Green/Red Bean Rice	7 Grains Bean & Rice	Green/Red Bean Rice	Sweet Potato Rice	Roasted Sweet Potato & Potato	Chestnut Rice
	Mixed Melons	Diced Peaches	-----	Diced Mixed Fruit (Grapes)	Mixed Melons	Mandarin Oranges
Dairy	Calcium Yogurt	2% Milk	Calcium Yogurt Drink	2% Milk	Calcium Yogurt	2% Milk

Week 3

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	Hunan Pork	Shrimp with Tofu Stew	Steamed Pork with Green Beans	Curry Beef with Onions	Fish Filet with Bok Choy	Meatballs with Nappa & Shiitake
Soup	Chicken Corn Soup	Hot & Sour Soup	Bok Choy & Tofu Soup	Chicken with Vegetable Soup	Wonton Soup	Egg Drop & Seaweed Soup
Sides	7 Grains Bean & Rice	Broccoli in Oyster Sauce	Soba Noodle Salad	Sauteed Zucchini & Broccoli	Sauteed Bok Choy	Bok Choy Mushroom Trio
	Mixed Fresh Fruit (Grapes)	Sesame Pumpkin with Rice	-----	Boiled Potatoes	Green/Red Bean Rice	Sweet Potato Rice
	-----	Mixed Melons	-----	Mandarin Oranges	Mixed Fresh Fruit (Grapes)	-----
Dairy	Calcium Yogurt	Calcium Yogurt	Calcium Yogurt Drink	2% Milk	Calcium Yogurt	Calcium Yogurt Drink

Week 4

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	Chicken with Broccoli	Beef & Mushroom Trio	Tomato Egg & Eggplant	Salt & Pepper Chicken	Hunan Beef	Chicken with Mushroom Trio
Soup	Seafood & Tofu Soup	Hot & Sour Soup	Bok Choy & Tofu Soup with Shiitake	Egg Drop & Seaweed Soup	Seafood & Tofu Soup	Wonton Soup
Sides	Sauteed Zucchini & Broccoli	Green Bean Salad	Edamame & Shiitake	Sauteed Peppers & Onions	Chestnut Rice	Tomato Salad
	Chestnut Rice	7 Grains Bean & Rice	Soba Noodle Salad	Green/Red Bean Rice	Mixed Fresh Fruit (Grapes)	Sweet Potato Rice
	Mixed Melons	Mandarin Oranges	Diced Peaches	-----	-----	Mixed Fresh Fruit (Grapes)
Dairy	Calcium Yogurt	2% Milk	Calcium Yogurt	Calcium Yogurt Drink	Calcium Yogurt	2% Milk