

2025 June Sample Menu (Breakfast)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast -Steam vegetable bao -Boiled egg -Cucumber salad	3 Breakfast - House noodles (tomato, egg, bokchoy, noodles)	4 Breakfast -Breakfast taco w/ whole wheat flour tortillas - fresh mixed berries	5 Breakfast - Boiled egg - Chicken bun - Small sweet potato	6 Breakfast - Scrambled eggs - Whole-grain toast with fruit jam - Fresh orange slices
9 Breakfast - Oatmeal with raisin and walnuts - Banana	10 Breakfast - Egg and ham sandwich - Fruit yogurt	11 Breakfast - Minced pork & corn porridge - Seaweed salad	12 Breakfast -Wonton soup with noodles -1 poach egg	13 Breakfast - Whole grain pancakes - Turkey sausage - Strawberries
16 Breakfast - Scrambled eggs - Whole grain English Muffin - Fresh melon	17 Breakfast -Diakon Bao -Chicken porridge - Steamed pumpkin	18 Breakfast - Oatmeal w/ blueberries - Fried egg - Bacon	19 Breakfast - Whole grain waffles - Sausage - Mixed berries	20 Breakfast - Seafood noodles(mixed seafood, noodles, carrots, cucumbers)
23 Breakfast - Egg omelette (tomato, spinach, mushroom, onion) - Fruit cocktail	24 Breakfast - Sweet potato porridge - Boiled egg - Pork BBQ bao	25 Breakfast -Cottage cheese with peaches -Whole wheat toast	26 Breakfast - Shrimp wonton soup w/ noodles - Asian salad w/ ginger dressing	27 Breakfast - Whole grain cereal w/ banana - Scrambled eggs
30 Breakfast -Greek yogurt w/ granola -Mixed berries				

All meals will be served: 1 cup of milk and/or 1 cup of soy milk.

Snacks: Option 1- ½ cup of fruits with 1 oz peanuts, soy nuts, tree nuts; Option 2-½ cup of yogurt with 1 whole grain cookie/cracker/cereal/granola bar. All snacks will be served with a glass of juice, tea or coffee.

*All ingredients listed on the menu are subject to change due to seasonal availability.

2025 June Sample Menu (Lunch)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lunch - White /brown rice - Grilled chicken - Stir fried broccoli with garlic sauce - Pears	3 Lunch - Jasmine/brown rice -Pepper steak -Green beans w/chef sauce -Hot and sour soup	4 Lunch -White/brown rice -Fried shrimp w/salt & pepper -Stir fried Chicken mixed vegetables	5 Lunch -Jasmine/brown rice - 2 vegetable egg rolls - Grilled pork chop in house sauce w/ broccoli - Fruit cocktail	6 Lunch -White/brown rice - Sweet & sour tilapia - Stir fried bok choy - Vegetable soup
9 Lunch - White/brown rice - Chicken and mushroom - Garlic asparagus - Egg drop soup	10 Lunch - Jasmine/brown rice - Satay beef - Sauteed mushroom - Seasonal fruits	11 Lunch - Vegetable lo mein with tofu - Stir fried vegetables - Shrimp wonton soup	12 Lunch - White/brown rice - Beef stew and potato - Chicken and broccoli - Apple	13 Lunch - Beef tacos w/ lettuce and tomato - Black beans - Pineapples chunks
16 Lunch -White/brown rice - Orange chicken - Stir fried celery and shredded potato - Hot and sour soup	17 Lunch -Fried catfish -Fries -Boiled okra -Grapes	18 Lunch -White/brown rice - Beef w/ broccoli - Garlic cabbage - Shrimp wonton soup	19 Lunch - Spanish rice - Chicken enchiladas - Refried beans - Watermelon	20 Lunch - Jasmine/brown rice - Chicken curry with vegetables -Tomato and egg soup
23 Lunch - Cheese Hamburger (lettuce, onion, tomato) - Onion rings	24 Lunch -White/brown rice -Sweet&Sour Shrimp w/ broccoli - Tofu w/ house special sauce	25 Lunch -Beef fajitas with bell peppers and onions -black beans -Pineapples chunks	26 Lunch -Jasmine/brown rice -Kungpao chicken with zucchini - Sauteed garlic eggplants	27 Lunch - Pho noodles (beef, meatballs, vegetables) - Cream cheese puff
30 Lunch -Jasmine/brown rice - Teriyaki chicken - Stir fried mixed vegetables - Vegetable egg roll				

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