



LUNCH MENU for November 2022 二零二零年十一月份午餐菜单

MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 周五	SATURDAY 周六
	11/1. Beef meat loaf or Fish patties, spinach, sweet corns, orange  牛肉饼或鱼饼, 甜玉米, 菠菜, 橙	11/2. Chicken breast or small shrimp with vegetables, broccoli, spaghetti, banana  鸡胸肉或小虾仁炒什菜, 西芥蓝, 炒意面, 香蕉	11/3. Roast pork, or tofu with vegetables, bok choy, baked beans, apple,  叉烧或豆腐蔬菜, 大白菜, 炖豆, 蘋果	11/4. Braised lean pork with taro, or tuna fish salad, carrots and green beans, baked potato, kiwi  大芋头烧肉或金枪鱼沙拉, 胡萝卜四季豆, 烤土豆, 猕猴桃	11/5. Special: Lentil /masoor dal soup, basmati/chapati, broccoli w/ curry tofu, raita yogurt, orange  豆蔬浓汤, 糙米饭, 全麦饼, 西芥蓝咖喱豆腐, 酸奶切片黄瓜, 橙。Regular: Turkey slices with vegetables 火鸡片炒什菜
11/7. Pork stir fry with vegetables or tuna fish salad, carrots w/green beans, sweet potato, tangerine  肉片蔬菜或金枪鱼沙拉, 胡萝卜四季豆, 烤红薯, 橘	11/8. Beef meat balls or fish patties, macaroni, cabbage w/ shredded carrots orange  牛肉丸或鱼饼, 通心粉, 莲白胡萝卜丝, 橙	11/9. Fish fillet with tofu, or BBQ chicken, mashed potato, Shanghai green, kiwi  鱼片豆腐或烤鸡腿, 土豆泥, 上海青, 猕猴桃	11/10. Curry chicken or fish patties, broccoli, baked potato, tangerine  咖喱鸡或鱼饼, 西芥蓝, 烤土豆, 橘	11/11. Pork chops, or tofu w/ vegetables, baked beans, broccoli, banana  猪扒或豆腐什菜, 炖豆, 西芥兰, 香蕉	11/12. Special: Lentil /masoor dal soup, basmati/chapati, eggplant with tomato, raita yogurt, orange  豆蔬浓汤, 糙米饭, 全麦饼, 茄子烧西红柿, 酸奶切片黄瓜, 橙。Regular: Mushroom chicken  香菇鸡腿
11/14. Steamed ground turkey with bean threads & eggs or tofu with vegetable, sweet corn, mustard green, apple  火鸡蒸蛋饼或豆腐蔬菜, 玉米, 芥菜, 蘋果	11/15. Baked mushroom chicken or tuna fish salad, baked bean, spinach, orange  香菇鸡腿或金枪鱼沙拉, 炖豆, 菠菜, 橙	11/16. Roast pork, or scramble egg with onion, bok choy, spaghetti, banana  叉烧或洋葱炒鸡蛋, 大白菜, 炒意面, 香蕉	11/17. Soy sauce chicken or fish fillet with tofu, cabbage with shredded carrots, sweet potato, apple 酱油鸡或鱼片豆腐, 莲白胡萝卜丝, 烤地瓜, 蘋果	11/18. Beef plate stewed with daikon, or eggplant parmesan, potato, broccoli, orange  牛腩炖萝卜或茄饼, 西芥蓝, 烤土豆, 橙	11/19. Special: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ curry tofu, raita yogurt, orange  豆蔬浓汤, 糙米饭, 全麦饼, 花菜咖喱豆腐, 酸奶切片黄瓜, 橙 Regular: Small shrimp with vegetables 小虾仁炒什菜
11/21. Steamed ground pork meat flavored w/dried fish or tuna fish salad, cabbage with carrots, baked potato, orange  咸鱼肉饼或金枪鱼沙拉, 烤土豆, 橙	11/22. Fish fillet with tofu, or BBQ chicken, mashed potato, Shanghai green, kiwi  鱼片豆腐或烤鸡腿, 土豆泥, 上海青, 猕猴桃	11/23. Thanksgiving Feast: Turkey slices with cranberry sauce, stuffing mix and roast pig slices, chunky pumpkin, orange  火鸡片酸果蔓沙司和烧猪片, 烧南瓜, 橙	11/24  Center closed for Thanksgiving	11/25. Fish patties or tofu with vegetable, sweet corn, spinach, banana  鱼饼或豆腐蔬菜, 玉米, 菠菜, 香蕉	11/26. Special: White bean/ masoor dal soup, basmati/ chapati, mustard greens w tomato, raita yogurt, orange  豆蔬浓汤, 糙米饭, 全麦饼, 芥菜西红柿, 酸奶切片黄瓜, 橙  Regular: Tofu with ground pork  碎肉豆腐
11/28. Soy sauce chicken or, tuna fish salad, cabbage with shredded carrots, sweet corn, apple  酱油鸡或金枪鱼沙拉, 莲白胡萝卜丝, 甜玉米, 蘋果	11/29. Beef meat loaf or tofu with vegetables, bok choy, sweet potato, orange  牛肉饼或豆腐什菜, 烤地瓜, 大白菜, 橘	11/30. Baked mush-room chicken or fish fillet with tofu, baked bean, Shanghai green, kiwi  香菇鸡腿或鱼片豆腐, 炖豆, 上海青, 猕猴桃			