

	9/1 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁	9/2 Chinese style roast pork, baked bean, broccoli, apple, juice 叉烧, 炖豆, 西芥兰, 苹果, 果汁	9/3 Cheesy whole wheat quesadillas with black bean or Turkey burger, mustard green, mashed potato, kiwi, juice 黑豆芝士饼 或 火鸡肉饼, 大芥菜, 土豆泥, 猕猴桃, 果汁	9/4 Baked fish fillet, sweet corn, carrots with green beans, orange, juice 烤鱼排, 甜玉米, 胡萝卜, 四季豆, 橙, 果汁	9/5 Tuna fish salad, broccoli, orange, juice 中餐: 金枪鱼沙拉, 西芥兰, 橙, 果汁 Alternative: Lentil / masoor dal soup, basmati / chapati, cauliflower w / tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜
9/7 Labor Day. The center is closed. 国定假日劳工节, 中心休息一天。	9/8 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	9/9 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鹹魚肉餅, 玉米, 西芥兰, 苹果, 果汁	9/10 Chickpea of the sea tuna salad or baked chicken wing, French fries mustard green, kiwi, juice. 鹰嘴豆素金枪鱼沙拉 或 烤鸡翅, 薯条, 大芥菜, 猕猴桃, 果汁	9/11 Pork chops, macaroni, green bean, orange, juice 烤猪扒, 通心粉, 四季豆, 橘, 果汁	9/12 Turkey burger, broccoli, orange juice 中餐: 烤火鸡肉饼, 西芥兰, 橙, 果汁 Alternative: Lentil / masoor dal soup, basmati / chapati, cauliflower w / tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜
9/14 Eggplant parmesan, baked potato, Bok Choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	9/15 BBQ chicken, baked sweet potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤地瓜, 香蕉, 果汁	9/16 Whole wheat cheese pizza, baked bean, broccoli, apple, juice 全麦奶酪披萨, 炖豆, 西芥兰, 苹果, 果汁	9/17 Baked vegetable burger or beef meatball, French fries, mustard green, kiwi, juice 烤蔬菜饼 或 牛肉丸, 大芥菜, 猕猴桃, 果汁	9/18 Baked breaded shrimp, sweet corn, carrots with green beans, orange, juice 烤虾, 甜玉米, 胡萝卜, 四季豆, 橙, 果汁	9/19 Chicken patty, broccoli / cauliflower, orange, juice 中餐: 烤鸡饼, 西芥兰/花椰菜, 橙, 果汁 Alternative: Lentil / masoor dal soup, basmati / chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜
9/21 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	9/22 Baked chicken wing, spaghetti, green cabbage, banana, juice 烤鸡翅, 高丽菜, 炒意面, 香蕉, 果汁	9/23 Tofu with mixed vegetable or baked breaded fish, French fries, broccoli, apple, juice 豆腐蔬菜 或 烤鱼饼, 薯条, 西芥兰, 苹果, 果汁	9/24 Baked salmon fillet, mustard green, baked bean, kiwi, juice 烤三文鱼, 大芥菜, 炖豆, 猕猴桃, 果汁	9/25 Roast pork, sweet corn, sliced carrots w / green bean, orange, juice 叉烧, 甜玉米, 四季豆, 橙, 果汁	9/26 Turkey burger, broccoli, juice 中餐: 烤火鸡肉饼, 西芥兰, 橙, 果汁 Alternative: Lentil / masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜
9/28 Cheesy whole wheat quesadillas with black beans, sweet potato, napa cabbage, orange, juice 黑豆芝士饼, 烤地瓜, 大白菜, 橙, 果汁	9/29 BBQ chicken, mashed potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 土豆泥, 香蕉, 果汁	9/30 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鹹魚肉餅, 玉米, 西芥兰, 苹果, 果汁	10/1 Bean with mixed vegetable or beef meatball, French fries, mustard green, kiwi, juice 蔬菜杂豆 或 牛肉丸, 薯条, 大芥菜, 猕猴桃, 果汁		

