Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
11/2 **Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice** 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	**11/3** **Baked chicken wings, spaghetti, green cabbage, banana, juice** 烤鸡翅, 高丽菜, 炒意面, 香蕉, 果汁	**11/4** **Tofu with mixed vegetable or baked breaded fish, French fries, broccoli, apple, juice** 豆腐蔬菜 或 烤鱼饼, 薯条, 西兰花, 苹果, 果汁	**11/5** **Baked salmon fillet, mustard greens, baked beans, kiwi, juice** 烤三文鱼, 大芥菜, 炖豆, 猕猴桃, 果汁	**11/6** **Pork chops, macaroni, green beans, orange, juice** 烤猪扒, 通心粉, 四季豆, 橘, 果汁	**11/7** **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
Monday 星期一	**Tuesday 星期二**	**Wednesday 星期三**	**Thursday 星期四**	**Friday 星期五**	**Saturday 星期六**
11/9 **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	**11/10** **BBQ chicken, mashed potato, green cabbage, banana, juice** 烤鸡腿, 高丽菜, 土豆泥, 香蕉, 果汁	**11/11** **Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice** 鹹魚肉餅, 玉米, 西兰花, 苹果, 果汁	**11/12** **Beans with mixed vegetable or beef meatballs, French fries, mustard greens, kiwi, juice** 蔬菜杂豆或牛肉丸, 薯条, 大芥菜, 猕猴桃, 果汁	**11/13** **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	**11/14** **Baked breaded fish, broccoli/cauliflower, orange, juice** 中餐:烤鱼饼, 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
Monday 星期一	**Tuesday 星期二**	**Wednesday 星期三**	**Thursday 星期四**	**Friday 星期五**	**Saturday 星期六**
11/16 **Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice** 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	**11/17** **BBQ pulled pork, baked potato, green cabbage, banana, juice** 西式烤肉, 高丽菜, 烤土豆, 香蕉, 果汁	**11/18** **Oven fried chicken wing, baked beans, broccoli, apple, juice** 烤鸡翅, 炖豆, 西兰花, 苹果, 果汁	**11/19** **Tuna and chickpea salad or baked breaded chicken cutlet, French fries, mustard greens, kiwi, juice** 金枪鱼和鹰嘴豆沙拉 或 烤鸡排, 薯条, 大芥菜, 猕猴桃, 果汁	**11/20** **Baked salmon fillet, sweet corn，carrots with green beans, orange, juice** 三文鱼, 甜玉米, 胡萝卜四季豆, 橙, 果汁	**11/21** **Baked chicken patty, broccoli/cauliflower, orange, juice** 中餐:烤鸡肉饼, 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

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
11/23 **Baked vegetable burger or tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice** 烤蔬菜饼 或 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	**11/24** **Baked mushroom chicken, baked potato, green cabbage, banana juice** 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁	**11/25** **Chinese style roast pork, baked beans, broccoli, apple, juice** 叉烧, 炖豆, 西兰花, 苹果, 果汁 ❁❁❁❁❁❁❁❁ **The meal service ends at 1 PM, Center is Closing at 2 PM** 厨房供餐至下午 1 点整, 下午 2 点关门	**11/26** **Center is Closed** 中心休息一天 **Thanksgiving Day** 感恩节	**11/27** **Center is Closed** 中心休息一天 **Thanksgiving Day** 感恩节	**11/28** **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
Monday 星期一	**Tuesday 星期二**	**Special Events** 特别活动	**Special Events** 特别活动	**Special Events** 特别活动	**Special Events** 特别活动
11/30 **Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice** 炖素菜,烤地瓜, 大白菜,橙， 果汁	**12/1** **Baked salmon fillet, baked beans, green cabbage, banana, juice** 烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁	**2026 Ping Pong Tournament Final** **2026 年乒乓球决赛** **11/7/26** **Sat. 星期六** **12:15PM-3:30PM &** **11/9/26** **Mon. 星期一** **12:00PM-2:00PM**	**Food Pantry** 老人營養補充袋發放日 **11/17/26** **Tue., 星期二** **9:30-2:00 PM**	**Field Trip: Madame Tussauds Wax Museum** 户外旅游: 纽约杜莎夫人蜡像馆 **11/19/26** **Thu., 星期四** **8:30-2:00 PM**	**November Birthday Party** **11 月份生日会** **11/23/26** **Mon., 星期一** **1:30- 2:30PM**

The menu is subject to change by the Chef. 菜单有时会做略微调整