


Monday	Tuesday	Wednesday	Thursday	Friday
Roast Pork Loin w/ Onions & Mushrooms Wax & Gren Beans Baked Sweet Potatoes Orange* 1 % Milk 3	BBQ Pork Riblet Au Gratin Potatoes <u>Carrot Soup*</u> Spinich Salad w/Mandarin Oranges* Mixed Vegetables 1% Milk 4	Meatloaf w/Tomato Gravy Mashed Potatoes Steamed Broccoli * Corn w/ Red Peppers Fresh Orange 5	Baked Chicken Qtr w/ Creole Sauce Rice <u>Mixed Greens*</u> Seasonal Fruit 1 % Milk 6	Beef Steak w/ Pepper Sauce Roasted Potatoes <u>Tossed Salad w/Tomato*</u> Green Peas & Pearl Onions 1% Milk Italian Dressing 7
Crispy Fish w / Tartar Sauce Brown Rice Brussel Sprouts* Wheat Bread Fresh Fruit 1 % Milk 10	Birthday Celebration Baked Ziti French Cut Green Beans <u>Cauliflower & Carrots *</u> Birthday Cake 1% Milk 11	Chicken Fillet w/ Marsala Sauce Parslied Egg Noodles Steamed Broccoli* <u>Carrot & Raisin Salad</u> Fresh Banana 1% Milk 12	Salisbury Steak w/ Gravy Baked Potato <u>Creamy Spinich Soup*</u> Green Peas Wheat Bread Orange* 1 % Milk 13	Beef Tamale Spanish Rice <u>Baked Mexican Zucchini & Tomato*</u> Shredded Lettuce& Tomato Salad* Fresh Kiwi* 1% Milk 14
Chicken w/ Cacciatore Sauce Spaghetti Noodles Italian Mixed Vegetables * Applesauce Dinner Roll 1% Milk Butter 17	Breaded Veal w/ Gravy Parslied Cauliflower* Minestrone Soup Succotash* 1% Milk 18	Hamburger Patty w/Mustard <u>Lettuce & Tomato*</u> Au Gratin Potatoes Mixed Vegetables Hamburger Bun Fresh Orange % Milk 19	Lemon Pepper Fish Green Beans Parslied Potatoes Cranberry Juice* 1% Milk 20	Ground Beef Stroganoff w/Noodles Spaghetti Squash* Brussel Sprouts * Tropical Fruit Salad* 1% Milk 21
BBQ Chicken Quarter <u>Broccoli & Cauliflower*</u> Coleslaw* Sweet Potatoes* 1% Milk 24	Christmas Day 25	Chicken Pot Pie <u>Capri Mixed Vegetables</u> Fresh Biscuit Seasonal Fresh Fruit* 1% Milk 26	Turkey Ham w/Bourbon Glaze Parslied Noodles <u>Okra & Tomatoes*</u> Vegetable Soup Beet & Onion Salad Orange* 1% Milk 27	Teriyaki Chicken Brown Rice <u>Carrots w/ Ginger</u> Corn & Red Peppers Pineapple Juice* 1% Milk 28
Soft Shell Taco Spanish Rice Beans Garden Salad w / Red Peppers* Tangerine* 1 % Milk 31	 27			 29
				30

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Pork Loin w/ Grilled Onions & Mushrooms Wax & Green Beans Baked Sweet Potatoes Orange* 1% Milk 3	BBQ Pork Riblet Au Gratin Potatoes <u>Carrot Soup*</u> Spinich Salad w/ Mandarin Oranges Mixed Vegetables 1 % Milk 4	Meatloaf w/ Gravy Mashed Potatoes * <u>Steamed Broccoli*</u> Corn w/ Red Peppers Orange 1% Milk 5	Baked Chicken Qtr w/Creole Sauce Rice Cauliflower Soup* <u>Mixed Greens</u> Seasonal Fruit 1 % Milk 6	Beef Steak w/ Pepper Sauce Roasted Potatoes <u>Tossed Salad w/Tomato*</u> Green Peas & Pearl Onions Italian Dressing 1% Milk 7
Crispy Fish w/ Tartar Sauce Brown Rice Brussel Sprouts* Wheat Bread Fresh Fruit 10	Birthday Celebration Baked Ziti French Cut Green Beans <u>Cream of Broccoli Soup*</u> Fresh Fruit 1% Milk 11	Chicken Fillet w/Marsala Sauce Parslied Egg Noodles <u>Steamed Broccoli*</u> <u>Carrot & Raisin Salad</u> Fresh Banana 1% Milk 12	Salisbury Steak w/Gravy Baked Potato <u>Creamy Spinich Soup</u> Green Peas Wheat Bread Orange* 1 % Milk 13	Beef Tamale Spanish Rice <u>Baked Mexican Zucchini & Tomato*</u> Shredded Lettuce & Tomato Salad* Fresh Kiwi* 1 % Milk 14
Chicken w/Cacciatore Sauce Spaghetti Noodles Italian Mixed Vegetables * Applesauce Dinner Roll 1% Milk Butter 17	Breaded Veal w/ Gravy Lima Beans* Minestrone Soup Parslied Cauliflower* 1% Milk 18	Hamburger Patty w/ Mustard <u>Lettuce & Tomato*</u> Au Gratin Potatoes Mixed Vegetables Hamburger Bun Fresh Orange* 1 % Milk 19	Lemon Pepper Fish Parslied Potatoes Green Beans <u>Carrot Soup</u> Cranbeery Juice* 1% Milk 20	Ground Beef Stroganoff w/Noodles Spaghetti Squash* Brussel Sprouts * Tropical Fruit Salad* 1 % Milk 21
Bbq Chicken Quarter <u>Broccoli & Cauliflower*</u> Sweet Potatoes Coleslaw* 1 % Milk 24	Christmas Day 25	Chicken Pot Pie <u>Capri Mixed Vegetables*</u> Fresh Biscuit Seasonal Fresh Fruit 1 % Milk Butter 26	Turkey Ham w/ BourbonSauce Parslied Noddles Okra & Tomatoes Vegetable Soup Beet & Onion Salad Orange* 1 % Milk 27	Teriyaki Chicken Brown Rice <u>Carrots w/ Ginger</u> Corn & Red Peppers* Pineapple Juice* 1% Milk 28
Soft Shell Taco Mexican Rice Beans Garden Salad w/Red Peppers Tangerine * 1% Milk 31				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MA PO TOFU <u>CHINESE BROCCOLI</u> (1 CUP) STEAMED RICE FRUIT 1 % MILK</p> <p>3</p>	<p><u>BOK CHOY SOUP*</u> STEAMED MINCED PORK W/ <u>SALTED FISH</u> CABBAGE* STEAMED RICE FRUIT 1% MILK</p> <p>4</p>	<p>BEEF w/GINGER & GREEN ONIONS BOK CHOY (1 CUP) STEAMED RICE FRUIT 1 % MILK</p> <p>5</p>	<p><u>CABBAGE SOUP*</u> CHICKEN CHOW MEIN <u>MIXED VEGETABLES</u> FRUIT 1 % MILK</p> <p>6</p>	<p>BARBEQUE PORK <u>CAULIFLOWER*</u> STEAMED RICE FRUIT 1% MILK</p> <p>7</p>
<p>DICED CHICKEN W/ ALMONDS <u>CHINES GREENS (1 CUP)</u> <u>STEAMED RICE</u> FRUIT 1 % MILK</p> <p>10</p>	<p><u>BROCCOLI SOUP*</u> CHICKEN W/BLACK SPINICH* STEAMED RICE FRUIT 1 % MILK</p> <p>11</p>	<p>CHICKEN w/ GINGER & GREEN ONION * BABY CABBAGE (1 CUP) STEAMED RICE FRUIT 1 % MILK</p> <p>12</p>	<p>WON TON SOUP BBQ PORK CHOW MEIN <u>MIXED VEGETABLES</u> FRUIT 1 % MILK</p> <p>13</p>	<p>MA PO BEAN CURD <u>CHINESE BROCCOLI</u> STEAMED RICE FRUIT 1% MILK</p> <p>14</p>
<p>BAKED FISH OF FISH <u>BOK CHOY (1 CUP)</u> STEAMED RICE FRUIT 1% MILK</p> <p>17</p>	<p><u>WATERCRESS SOUP*</u> BEEF CUBES CHINESE STYLE STEAMED RICE FRUIT 1 % MILK</p> <p>18</p>	<p>CHICKEN w/GINGER & GREEN ONION *BABY CABBAGE (1 CUP) STEAMED RICE FRUIT 1% MILK</p> <p>19</p>	<p>*CAULIFLOWER SOUP BBQ PORK CHOW MEIN <u>MIXED VEGETABLES</u> FRUIT 1% MILK</p> <p>20</p>	<p>BAKED FILET OF FISH *<u>BOK CHOY (1 CUP)</u> STEAMED RICE FRUIT 1% MILK</p> <p>21</p>
<p>CHICKEN CHOW MEIN <u>MIXED VEGETABLES</u> *CITRUS FRUIT 1% MILK</p> <p>24</p>	<p>CHRISTMAS DAY</p> <p>25</p>	<p>PORK CHOP *<u>BOK CHOY (1 CUP)</u> STEAMED RICE FRUIT 1% MILK</p> <p>26</p>	<p>EGG FLOWER SOUP BRAISED BEAN CAKE w/ OYSTER SAUCE LONG BEANS STEAMED RICE FRUIT</p> <p>27</p>	<p>PLUM SAUCE CHICKEN *<u>CHINESE CABBAGE (1 CUP)</u> STEAMED RICE FRUIT 1% MILK</p> <p>28</p>
<p>FILET OF ROCK COD w/ CORN <u>*CHINESE MIXED VEG (1 CUP)</u> STEAMED RICE FRUIT 1% MILK</p> <p>31</p>	<p>27</p>		<p>29</p>	<p>30</p>

Bay Area Community Services
Frozen Menu



Saturday	Sunday
Pork with Mushroom Sauce Rice Pilaf Peas Orange Juice * Vanilla Pudding 1% Milk French Dressing 1	Penne Pasta with Chicken Cacciatore Sauce <u>Italian Mixed Vegetables *</u> Marinated Vegetable Salad Banana 1% Milk 2
Sliced Turkey w/ gravy Stuffing <u>Yams</u> Green beans Orange * 1% Milk 8	Meatloaf W/ gravy Macaroni & Cheese Cauliflower * Beet Salad Seasonal Fresh Fruit 1% Milk 9
Chicken Marsala Parslied Noodles <u>Capri Mixed Vegetables</u> Pineapple Juice * Fresh Fruit 1% Milk 15	Grilled Pork Patty w/ Sweet & Sour Sauce Rice Cauliflower * <u>Marinated Carrots</u> Cookies 1% Milk 16
Chef's Choice Entrée Vegetable Vegetable Citrus Fruit * 1% Milk 22	Breaded Fish + Dinner Roll Green Beans Whipped Potatoes * Cookies 1% Milk Butter 23
Veal Parmesan w/Penne Pasta <u>Zucchini & Summer Squash</u> Coleslaw* Fresh Apple Orange Juice 1% Milk 29	BBQ Chicken Carrots & Green Beans Potatoe Corn Soup Wheat Bread Orange 1% Milk 30