

October Asian Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday																														
Calories, Sodium (Na) & Carbs include: entrée, sides, dessert, fruit, bread, milk & margarine	1 Chili Lime Fish (450) Coconut Rice (80) Slaw (115) Dinner Roll (240) Pineapple (5)	2 Hoisin Chicken (720) Brown Rice (25) Broccoli (15) Dinner Roll (240) Fruit (5)	3 Garlic & Ginger Beef (275) Rice (5) Vegetables (25) Dinner Roll (240) Fruit (5)	4 Cold: Edamame Salad (200) Noodles (170) Garden Salad (35) Dinner Roll (180) Fruit (5)																														
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7 Pork w/Tomato (420) Sweet Potato (55) Cabbage (100) Dinner Roll (240) Fruit (5)	8 Shrimp Teriyaki Stir Fry (935) Lo Mein (50) Dinner Roll (180) Fruit (5)	9 Garlic Beef w/Snap Peas (770) Rice (5) Dinner Roll (240) Fruit (5)	10 Chicken Dumplings (235) Brown Rice (25) Vegetables (25) Dinner Roll (240) Fruit (5)	11 Tofu Pad Thai (495) Vegetables (25) Dinner Roll (240) Fruit (5)																														
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14 No Meals Indigenous Peoples' Day	15 Pork Cake & Mushrooms (365) Veggie Rice (85) Bok Choy (80) Dinner Roll (240) Fruit (5)	16 Honey Lemon Fish (610) Brown Rice (25) Vegetables (25) Dinner Roll (240) Fruit (5)	17 Ground Turkey & Gr Beans (680) Rice (5) Vegetables (25) Dinner Roll (240) Fruit (5)	18 Chicken Lo Mein (400) Broccoli (15) Dinner Roll (240) Fruit (5)																														
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21 BBQ Pork (950) Yucca (185) Green Beans (5) Dinner Roll (240) Fruit (5)	22 Orange Chicken (700) Brown Rice (25) Broccoli (15) Dinner Roll (240) Fruit (5)	23 Coconut Curry Shrimp (600) Cilantro Rice (20) Dinner Roll (240) Fruit (5)	24 Garlic Chicken Wings (520) Lo Mein (135) Honey Carrots(80) Dinner Roll (240) Fruit (5)	25 Beef, Peppers & Onions (770) Rice (5) Dinner Roll (240) Fruit (5)																														
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">895</td> <td style="text-align: center;">150</td> <td style="text-align: center;">1345</td> </tr> </table>	Cal	Carb	Na	895	150	1345	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">905</td> <td style="text-align: center;">140</td> <td style="text-align: center;">1110</td> </tr> </table>	Cal	Carb	Na	905	140	1110	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">780</td> <td style="text-align: center;">95</td> <td style="text-align: center;">1015</td> </tr> </table>	Cal	Carb	Na	780	95	1015	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">755</td> <td style="text-align: center;">110</td> <td style="text-align: center;">1100</td> </tr> </table>	Cal	Carb	Na	755	110	1100	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">715</td> <td style="text-align: center;">110</td> <td style="text-align: center;">1150</td> </tr> </table>	Cal	Carb	Na	715	110	1150
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28 Pork Fried Rice (570) Vegetables (25) Dinner Roll (240) Fruit (5)	29 Tofu & Tomatoes (515) Rice (5) Vegetables (25) Dinner Roll (240) Fruit (5)	30 Sesame Chicken (655) Coconut Rice (80) Vegetables (25) Dinner Roll (240) Fruit (5)	31 Sticky Meatballs (380) Lo Mein (50) Vegetables (25) Dinner Roll (240) Fruit (5)	Sodium (Na): Milligrams noted in parenthesis.																														
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**To Cancel Meals please call 617-972-5700 at least 48 hours prior to service.
 Menu Subject to Change Without Notice**