April Asian Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Cake w/Shitake (370) White Rice (5) Bok Choy (80) Dinner Roll (180) Fresh Fruit (5)	**2** Garlic Chicken Wings (520) Fried Rice (150) Vegetables (25) Dinner Roll (180) Fruit (5)	**3** Steak Peppers & Onions (540) Brown Rice (25) Vegetables (25) Dinner Roll (180) Fruit (5)	**4** Hoisin Chicken (615) Sweet Potato (55) Garden Salad (35) Dinner Roll (180) Fruit (5)	**5** Garlic Tofu & Green Beans (475) Veg Lo Mein(135) Dinner Roll (180) Fruit (5)
Cal 795 **Carb** 95 **Na** 810	**Cal** 680 **Carb** 90 **Na** 1050	**Cal** 760 **Carb** 115 **Na** 945	**Cal** 700 **Carb** 100 **Na** 1060	**Cal** 680 **Carb** 110 **Na** 965
8 Chicken Stir Fry (560) Brown Rice (25) Dinner Roll (180) Pineapple (5)	**9** Pork w/Tomato (420) Veggie Rice (90) Cabbage (100) Fruit (5) Dinner Roll (180)	**10** Orange Beef & Broccoli (600) Yucca (20) Dinner Roll (180) Fruit (5)	**11 Cold**: Garlic & Lime Shrimp (920) Noodles (190) Garden Salad (35) Dinner Roll (180) Fruit (5)	**12** Garlic Ginger Cod (450) Coconut Rice (5) Vegetables (25) Dinner Roll (180) Fruit (5)
Cal 795 **Carb** 120 **Na** 950	**Cal** 850 **Carb** 110 **Na** 970	**Cal** 840 **Carb** 145 **Na** 975	**Cal** 735 **Carb** 100 **Na** 1500	**Cal** 835 **Carb** 120 **Na** 840
15 **No Meal Served** **Patriots Day**	**16** Vegetable Fried Rice (505) Vegetables (25) Dinner Roll (180) Fruit (5)	**17** Sweet & Sour Chicken (290) Brown Rice (25) Dinner Roll (180) Fruit (5)	**18** Basil Beef (640) White Rice (5) Vegetables (25) Dinner Roll (180) Fruit (5)	**19** Garlic Ginger Pork (515) Veg Lo Mein(135) Vegetables (25) Dinner Roll (180) Fruit (5)
	Cal 705 **Carb** 95 **Na** 890	**Cal** 710 **Carb** 110 **Na** 675	**Cal** 805 **Carb** 100 **Na** 1030	**Cal** 870 **Carb** 110 **Na** 1030
22 Shrimp Stir Fry (790) Brown Rice (25) Dinner Roll (180) Fruit (5)	**23** Chicken Dumplings (235) Fried Rice (150) Vegetables (25) Dinner Roll (180) Fruit (5)	**24 Cold:** Sesame Garlic Tofu (460) Noodles (190) Garden Salad (35) Dinner Roll (180) Fruit (5)	**25** Hoisin Pulled Pork (595) Sweet Potato (55) Garden Salad (15) Dinner Roll (180) Fruit (5)	**26** Miso Salmon (550) White Rice (5) Vegetables (25) Dinner Roll (180) Fruit (5)
Cal 805 **Carb** 120 **Na** 1175	**Cal** 600 **Carb** 95 **Na** 770	**Cal** 740 **Carb** 105 **Na** 1045	**Cal** 735 **Carb** 100 **Na** 1030	**Cal** 670 **Carb** 95 **Na** 940
29 Chicken Pad Thai (800) Broccoli (15) Dinner Roll (180) Fruit (5)	**30** Ground Turkey & Green Beans (680) White Rice (5) Dinner Roll (180) Fruit (5)	Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis		
Cal 930 **Carb** 120 **Na** 1185	**Cal** 760 **Carb** 110 **Na** 1040			

To Cancel Meals please call 617-972-5711 at least 48 hours prior to service.