

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7/1	7/2	7/3	7/4	7/5	7/6
	Baked Chicken Wings w/ Chinese Marinade Sauce	Baked Fish w/Sweet & Sour Sauce	Baked Chicken Thigh w/Teriyaki Sauce	Independence Day Closed	Minced Beef w/Cumin Sauce	
	Green Peas, Corn, Carrots	Napa Cabbage & Carrots	Shanghai Bok Choy		Beets & Purple Cabbage	
	Orange	Mandarin Orange	Apple		Apple	
7/7	7/8	7/9	7/10	7/11	7/12	7/13
	Beef w/ Preserved Vegetables	Baked Spareribs w/Taro Sauce	Baked Fish w/Creamy Mushroom Sauce	Baked Chicken w/Fermented Tofu Sauce	Baked Turkey Thigh w/Five Spice Sauce	
	Bok Choy & Carrots	Cauliflower & Carrots	Green Cabbage & Edamame	Red Pepper & Bean Sprouts	Broccoli & Carrots	
	Banana	Apple	Orange	Apple	Orange	
7/14	7/15	7/16	7/17	7/18	7/19	7/20
	Baked Chicken w/ Portuguese Sauce	Braised Meatballs w/ Marinara Sauce	Baked Pork Spareribs w/ Thai Style Sweet & Chili Sauce	Baked Fish w/ Sriracha Mayo Sauce	Baked Chicken Wings w/ Garlic & Honey Sauce	
	Green Beans w/Beets	Green & Red Bell Pepper	Bok Choy & Carrots	Green Cabbage & Carrots	Green Peas, Okra & Carrots	
	Mandarin Orange	Banana	Apple	Banana	Orange	
7/21	7/22	7/23	7/24	7/25	7/26	7/27
	Baked Pork Chop w/ Sweet Vinegar Sauce	Baked Fish w/ Miso Sauce	Baked Chicken Drumette w/ BBQ Sauce	Baked Turkey Thigh w/ Sesame Sauce	Minced Beef w/ Oatmeal & Oyster Sauce	
	Cauliflower & Carrots	Shanghai Bok Choy & Carrots	Broccoli & Carrots	Cabbage, Garbanzo Bean	Zucchini & Yellow Squash	
	Apple	Banana	Orange	Apple	Orange	
7/28	7/29	7/30	7/31			7/27
	Baked Chicken Thigh w/ Lemon Sauce	Beef w/ Chu Hou Sauce	Baked Fish w/ Shacha Sauce			
	Napa Cabbage & Red Pepper	Green Cabbage & Carrots	Cauliflower & Carrots			
	Apple	Banana	Orange			