

		Sept 2025				
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	9/1	9/2	9/3	9/4	9/5	9/6
	Baked Turkey Thigh with Sesame Sauce	Baked Pork Chop with Lemongrass and Lemon Sauce	Beef and Oatmeal Patty with Teriyaki Sauce	Baked Fish with Basil Sauce	Baked Chicken Drumette with Spicy Sauce	
	Purple Cabbage,Beets	Broccoli & Carrots	Shanghai Bok Choy w/Carrots	Cauliflower w/Carrots	Napa Cabbage, Garbanzo Bean	
	Orange	Apple	Banana	Apple	Orange	
9/7	9/8	9/9	9/10	9/11	9/12	9/13
	Baked Chicken Thigh with Honey Pomelo Sauce	Beef with Soybean Sauce	Baked Fish with Creamy Corn	Baked Chicken Quarter Leg with Pear Sauce	Baked Pork Spareribs with Pumpkin Sauce	
	Cauliflower with Red Bell Peppers	Napa Cabbage & Carrots	Green Cabbage, Carrots	Green Bell Pepper & Mushroom	Mustard Greens	
	Apple	Orange	Apple	Banana	Orange	
9/14	9/15	9/16	9/17	9/18	9/19	9/20
	Baked Fish with Basil Pesto Sauce	Braised Turkey Thigh with Cranberry Sauce	Beef with Sha Cha Sauce	Minced Pork Patty with Preserved Vegetables and Shitake Mushroom	Baked Chicken with Smoky Sauce	
	Green Cabbage and Baby Corn	Zucchini,Cucumber & Carrots	Broccoli & Carrots	Cauliflower, Carrots	Bok Choy,Carrots	
	Apple	Orange	Banana	Orange	Banana	
9/21	9/22	9/23	9/24	9/25	9/26	9/27
	Baked Chicken Wings with Red Fermented Bean Curd Sauce	Baked Pork Chop with Onion and Black Pepper Sauce	Baked Chicken Thigh with Apple Cinnamon Sauce	Baked Fish with Bean Paste Sauce	Minced Beef w/Chu Hou Sauce	
	Green Peas, Carrots and Corn	Shanghai Bok Choy & Carrots	Turnips & Carrots	Napa Cabbage	Beets and Purple Cabbage	
	Orange	Apple	Banana	Mandarin Orange	Apple	
9/28	9/29	9/30	10/1	10/2	10/3	10/4
	Baked Chicken Thigh with Teriyaki Sauce	Baked Fish with Creamy Mushroom Sauce	Baked Spareribs with Garlic and Black Bean	Beef Patty w/Cumin Sauce	Baked Chicken with Portuguese Sauce	
	Green Cabbage& Edamame	Bok Choy & Carrots	Kale & Cabbage w/Carrots	Broccoli,Carrots	Napa Cabbage, Red Bell Pepper	
	Orange	Banana	Mandarin Orange	Banana	Apple	