

SAMPLE ASIAN CHILD AND ADULT CARE MENU

| <u>DAY 1</u>   | <u>DAY 2</u>  | <u>DAY 3</u>  | <u>DAY 4</u>  | <u>DAY 5</u>   |
|--|---|---|---|--|
| <b>Breakfast</b><br>1% or fat-free milk<br>Chicken congee<br>Mango slices  | <b>Breakfast</b><br>1% or fat-free milk<br>Whole wheat Korean pancake<br>Melon slices                                 | <b>Breakfast</b><br>1% or fat-free milk<br>Soup dumplings<br>Strawberries   | <b>Breakfast</b><br>1% or fat-free milk<br>Pumpkin porridge<br>Baked apples   | <b>Breakfast</b><br>1% or fat-free milk<br>Scrambled eggs<br>Green and red pepper slices<br>Sticky ginger rice                       |
| <b>Snack</b><br>Whole wheat rice cakes<br>Sliced lychee fruit  | <b>Snack</b><br>Cucumber slices<br>Whole wheat crackers   | <b>Snack</b><br>Boiled egg<br>Sliced peppers  | <b>Snack</b><br>Whole wheat toasted cereal<br>Banana slices   | <b>Snack</b><br>Carrot slices and dip<br>Whole wheat pretzels  |
| <b>Lunch/Supper</b><br>1% or fat-free milk<br>Steamed white fish<br>Whole wheat bun<br>Broccoli<br>Apple slices                                | <b>Lunch/Supper</b><br>1% or fat-free milk<br>Crispy tofu<br>Whole wheat noodles<br>Bok choy<br>Persimmon             | <b>Lunch/Supper</b><br>1% or fat-free milk<br>Chicken and broccoli stir-fry<br>Brown rice<br>Roasted cauliflower<br>Plums | <b>Lunch/Supper</b><br>1% or fat-free milk<br>Beef stir-fried with tomato<br>Barley<br>Roasted carrots<br>Pineapple chunks          | <b>Lunch/Supper</b><br>1% or fat-free milk<br>Steamed egg with minced pork<br>Whole wheat noodles<br>Roasted zucchini<br>Pear slices |
| <u>DAY 6</u>   | <u>DAY 7</u>  | <u>DAY 8</u>  | <u>DAY 9</u>  | <u>DAY 10</u>  |
| <b>Breakfast</b><br>1% or fat-free milk<br>Coconut milk rice<br>Mixed berries  | <b>Breakfast</b><br>1% or fat-free milk<br>Whole wheat muffins<br>Strawberries  | <b>Breakfast</b><br>1% or fat-free milk<br>Egg and WW pancake roll-up<br>Mandarin oranges                                 | <b>Breakfast</b><br>1% or fat-free milk<br>WW chia oat flour pancakes<br>Mango slices   | <b>Breakfast</b><br>1% or fat-free milk<br>Whole wheat waffles<br>Fruit smoothie   |
| <b>Snack</b><br>Broccoli florets with dip<br>Whole wheat crackers  | <b>Snack</b><br>Banana slices<br>Graham crackers  | <b>Snack</b><br>Celery sticks with nut/seed<br>butter and raisins   | <b>Snack</b><br>Brown rice cakes<br>Carrot sticks with dip  | <b>Snack</b><br>Boiled egg<br>Melon slices   |
| <b>Lunch/Supper</b><br>1% or fat-free milk<br>Chicken stir fry<br>Vermicelli noodles with bean<br>sprouts<br>Mixed vegetables<br>Orange slices | <b>Lunch/Supper</b><br>1% or fat-free milk<br>Garlic sesame tofu<br>Whole wheat noodles<br>Baked Squash<br>Applesauce | <b>Lunch/Supper</b><br>1% or fat-free milk<br>Fish cakes<br>Brown rice<br>Napa cabbage<br>Green and red pepper slices     | <b>Lunch/Supper</b><br>1% or fat-free milk<br>Sautéed beef with mushrooms<br>Whole wheat noodles<br>Sweet potatoes<br>Halved grapes | <b>Lunch/Supper</b><br>1% or fat-free milk<br>Ground pork steamed buns<br>Barley<br>Mashed eggplant<br>Snow peas                     |

This institution is an equal opportunity provider.