

Month YR SAMPLE

Culinary Director/Executive Chef
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SUN	MON	TUE	WED	THU	FRI	SAT
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		1 Toasted Noodles With Seafood Shrimp & Squid / Sauté Veggies /Rice Beef Balls	2 Spicy Sweet & Sour Pork Loin Fried Noodles	3 Sizzling Oyster Steaks Lions Head Stir fry pork Tomato/Zucc/ Noodles	4 Shrimp Pad Thai Korean Bu1GoGi Beef Brisket/ Rice	5 American Style Brunch/ Chicken Teriyaki Moo Goo Gai Pan Pork Shiitake Fried Noodles
6 American Style Brunch/ Sesame Crusted Flank Nut Sauced Chicken Special Fried Rice	7 Hosin Pork Tempura Coconut Shrimp Pad Thai	8 5 Spice Lamb / Boemboe Bali Of Fish Egg Foo Yung	9 Blk Bean Chicken Fried Rice / Bamie Goreng Noodle	10 Seared Whole Fish Tempura Chicken / Asparagus/ Shroom/Soft Fried Noodles	11 Beef Stir Fry Ginger Stripped Beef White Rice/ Lamb Stir Fry	12 American Style Brunch/ Thai Meat Ball Asian Flank Steak Cilantro Ginger Noodle
13 American Style Brunch/ Asian Meat-loaf/Pork FRY rice	14 Beef Coconut curry Beef Stew Chunks Demi Carrot Celery Onions Potato Turnips Parsnips	15 Pork Chop Suey Orange Sweet Chili Glazed Chicken Veg. To mein/ Ox Tails Stew	16 Vera Cruse Peking Beef Pepper Stir Fry & Pot Sticker/Rice	17 Turkey Curry Pork Chow Mein & Dumplings/ Thin Noodle	18 MUSHROOMS And Pork-Shrimp Pad Thai Wide Noodles/ Danburri Beef & Rice Bowl	13 American style Brunch/ Sausage & Vegetable
20 American Style Brunch/ Coconut Squid Lamb Stir Fry	21 Sauté Chicken Steak /Beef Brisket TOM. Cantonese Thin Noodle	22 Bacon Scallop Blk Bean Mussels w/Son in Law Eggs Mung Bean Threds	23 Beef Noodle over greens Pork Lime Taco Slaw	24 Vietnamese Chicken Nutty Rice Tofu/Bean Sprout Noodle	25 Braized Pork Special Chow Mein Thai Fish Cakes Dumplings Vegetables	14 American Style Brunch/ Chicken Stuffed Egg-plant Thai Chopped Ribs Thai Rice
27 American Style Brunch/ Lamb Shanks Kung Pow Chick	28 Stuffed Peppers Jambalaya Thin Lamb Scallion Wok Crispy Veg. Noodle/ Rice Pot Stickers	29 Beef Fajitas Toasted Noodles With Seafood Shrimp & Squid / Sauté Veggies /Rice	30 Clam Pasta Jambalaya Thin Lamb Scallion Wok Crispy Veg. Noodle/ Rice Pot Stickers		Whole Fruit Apples, Bananas, Oranges, Pears <u>Every Day</u>	Salad Bar Spring Mix Red Onion, Tri Color Pepper-Tomato, Peas, Carrot, Cuke, Crouton <u>Every Day</u>

Holy Family International College Preparatory Program

Breakfast Meals Hot

Monday -Steamed Buns Mixed
 Tuesday -Waffles and Sausage
 Wednesday-Chinese Pancakes
 Thursday -Miso Noodles w/Eggs
 Friday -Chinese Pancakes
 Rice Porridges ,Instant 5 grain ,Oat,

Cold Items offered Daily

Assorted Cereals /Cereal Bars
 Assorted Nutri-Grain Bars
 Assorted Yogurt

Drink Choices

1% White Milk
 Fat Free Flavored Milks
 Soy & Coconut Milks
 Herbed Teas
 Lemon Aid /Iced Tea
 Orange Drink
 Water

Breakfast Also Includes

100% Apple/Orange/Grape Juices

Hot Asian Soups Daily For

Lunch And Dinner See

Attached Rotation