



Northside Community Center Lunch Menu

488 North 6th Street San Jose CA, 95112



July 2014



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1. Pancit Bihon w/ Chicken Rice Noodle Cabbage & Carrots Green Salad Fresh Orange	2. Dash Fish Grill Brown Rice Grilled Zucchini w/ Carrots & Cauliflower Fresh Banana	3. Chicken Enchilada  Mexican Rice Fresh Pinto Beans Green Salad w/ bell Peppers Fresh Melons
6. Fish Fillet w/ Tartar Sauce Brown Rice Carrots & Green Beans Green Salad Fresh Strawberries	7. Stir-Fry Chicken Brown Rice w/ Garlic Stir-Fry Vegetables Green Salad Fresh Cantaloupe	8. Roast Beef Whole Grain Bread Carrots & Cauliflower Mashed Potatoes Fresh Banana	9. Sesame Chicken Red Rice Fresh Lentil Soup Vegetables w/ Broccoli Fresh Fruit	10. Lasagna  Garlic Bread Mixed Vegetables Green Salad w/ Tomatoes Fresh Orange or Honeydew
13.  Pork Chili Colorado Mexican Rice Fresh Beans Mixed Green Salad Fresh Cantaloupe	14. Beef w/ Broccoli Brown Rice Seasonal Salad Fresh Fruit	15. Korean Chicken Brown Rice Stir-Fry Vegetables Green Salad Fresh Strawberries or Oranges	16. Baked Fish w/ Curry Sauce Brown Rice Fresh Vegetable Soup Potatoes & Cauliflower Fresh Honeydew Melon	17. Abondigas-Meatball Soup Spanish Rice Vegetables w/ Carrots Green Salad w/ Bell Pepper Fresh Banana
20. Roast Beef Whole Grain Bread Steamed Peas & Carrots Mashed Potatoes Fresh Oranges	21. B.B.Q Pork Red Rice Mixed Vegetables w/ Cauliflower Fresh Fruit	22.  Chicken Enchilada Mexican Rice Fresh Beans Green Salad w/ Broccoli Fresh Fruit	23. Fish Fillet w/ Tartar Sauce Brown Rice Fresh Vegetable Soup Stir Fry Vegetables Fresh Cantaloupe	24. Grilled Chicken Kabob Brown Rice Steamed Broccoli & Carrots Fresh Fruit
27. B.B.Q Ribs Red Rice Carrots, Cabbage, Cauliflower, & Broccoli Fresh Fruit	28.  Beef Stew Fresh Macaroni Soup Whole Grain Bread Bell Pepper, Potatoes, Peas & Carrots Green Salad Fresh Fruit	29. Baked Fish w/ Black Bean Sauce Whole Grain Pasta Baked Potatoes Mixed Green Salad Fresh Orange	30. Chicken Teriyaki Basmati Rice Fresh Bean & Vegetable Soup Steamed Carrots & Broccoli Fresh Fruit	31. Beef Steak w/ Grilled Onions Whole Grain Bread Stir Fry Vegetables w/ Cauliflower Fresh Fruit