

# July 2013

## Emerald Food Service

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>1</b> Chinese: Rice Vegetables: 蠔油广东芥兰  Prawns: 油爆大虾 Wheat Bread Fresh Fruit</p>	<p><b>2</b> Sausage and Sauerkraut Potato Wedges Spinach Fresh Strawberries Wheat Bread Milk</p>	<p><b>3</b> Chinese: Rice Vegetables: 木须蔬菜  Chicken: 白切鸡 Oatmeal Raisin Cookie Milk</p>	<p><b>4</b> EFS Closed Happy 4<sup>th</sup> of July!</p>	<p><b>5</b> EFS Closed Enjoy Your Long Weekend</p>
<p><b>8</b> Chinese: Rice Tofu: 百花豆付  Pork: 五香卤肉 Pumpnickel Bread Milk</p>	<p><b>9</b> Oven Fried Chicken Breast Baked Sweet Potato Half Cauliflower Roll Pineapple Chunks Milk</p>	<p><b>10</b> Chinese Meal: WHITE RICE EGGPLANT: 风沙茄子  FISH: 红烧侧鱼 Milk</p>	<p><b>11</b> Roast Turkey Mashed Potatoes W/ Gravy Corn Fresh Tossed Salad Birthday Cake Bread Milk</p>	<p><b>12</b> Sloppy Joe Oven Fries Peas and Carrots Fresh Fruit Hamburger Bun Milk</p>
<p><b>15</b> Chinese: Rice Eggplant: 鱼香茄子  Chicken: 三杯鸡 Wheat Bread Fruit Juice Milk</p>	<p><b>16</b> Grilled Sweet and Sour Beef White Rice Broccoli Baked Apples Wheat Bread Fruit Milk</p>	<p><b>17</b> Chinese: RICE ZUCCHINI: 虾皮雪里丝  CHICKEN: 宫保鸡片 Wheat Bread Milk</p>	<p><b>18</b> Meatloaf Red Bliss Potatoes Marinated Carrots Fruit Parfait Roll Milk</p>	<p><b>19</b> Fish Creole Rice Pilaf Beets Fruit Juice Wheat Bread Margarine Milk</p>
<p><b>22</b> Chinese: Rice Green Beans: 干扁四季豆  Fish: 椒盐带鱼  Milk</p>	<p><b>23</b> Home Style Veal Baked Sweet Potato Wedges Sugar Snap Peas Fruit Juice Wheat Bread Milk</p>	<p><b>24</b> Chinese Meal: WHITE RICE GREEN BEANS: 榨菜四季豆  SHRIMP &amp; EGGS: 虾仁炒蛋</p>	<p><b>25</b> Roast Pork Oven Roasted Potatoes Carrots Fruit Wheat Bread Milk</p>	<p><b>26</b> Sweet and Sour Meatballs Rice Corn Fruit Roll Cookie Milk</p>
<p><b>29</b> Chinese Meal: WHITE RICE POTATOE: 青炒土豆丝  PORK: 咕佬肉 Margarine Milk</p>	<p><b>30</b> Spaghetti Crumb Topped Brussel Sprouts Garlic Bread Spiced Peaches Margarine Milk</p>	<p><b>31</b> Chinese Meal: WHITE RICE MUSHROOM: 香菇时菜  BEEF: 五香卤牛肉  Margarine Milk</p>		

News  
HAPPY 4<sup>th</sup> of JULY  
  
HAPPY BIRTHDAY  
TO OUR JULY  
BORN CLIENTS  
CAKE ON THE 11<sup>th</sup>  
  
IF YOU WON'T BE  
HOME FOR YOUR  
MEAL DELIVERY  
PLEASE CALL  
248-689-0001  
EXT 225

