

August 2013

Emerald Food Service

MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

5
Chinese: Rice
Tofu: 百花豆付
Pork: 五香卤肉
 Wheat Bread
 Fruit Cup
 Milk

6
 Veal Picata
 Egg Noodles
 Carrots
 Wheat Bread
 Fresh Strawberries
 Margarine
 Milk

7
Chinese: Rice
Eggplant: 鱼香茄子
Chicken: 三杯鸡
 Grapes
 Wheat Roll
 Milk

1
 Pork Loin W/ Dijon Apple Relish
 Red Bliss Potatoes
 Dilled Carrots
 Wheat Bread
 Citrus Fruit Gelatin
 Birthday Cake
 Margarine
 Milk

2
 Oven Baked Fish
 Brown Rice
 Broccoli
 Wheat Bread
 Sliced Pears
 Cookie
 Margarine
 Milk

12
Chinese: Rice
Eggplant: 泡菜茄子
Pork: 回锅肉
 Fresh fruit
 Milk

13
 Oven Fried Chicken Breast
 Baked Sweet Potato Half
 Cauliflower
 Wheat Bread
 Pineapple Chunks
 Margarine
 Milk

14
Chinese: Rice
Vegetables:
 蠔油广东芥兰
Prawns: 油爆大虾
 Wheat Bread
 Milk

15
 Roast Turkey
 Mashed Potatoes and Gravy
 Corn
 Fresh Tossed Salad
 Cookie
 Wheat Bread

16
 Lemon Pepper Fish
 Oven Fries
 Peas and Onions
 Wheat Bread
 Citrus Fruit Salad
 Margarine
 Milk

19
Chinese Meal: WHITE RICE
ZUCCHINI: 虾皮雪里丝
CHICKEN: 宫保鸡片
 Fresh Fruit
 Milk

20
 Grilled Sweet and Sour Beef
 White Rice
 Broccoli
 Wheat Bread
 Fresh Fruit
 Margarine
 Milk

21
Chinese: Rice
Vegetables: 木须蔬菜
Chicken: 白切鸡
 Wheat Bread
 Fruit
 Milk

22
 Meatloaf
 Red Bliss Potatoes
 Marinated Carrots
 Wheat Bread
 Fruit Parfait
 Margarine
 Milk

23
 Sweet and Sour Meatballs
 White Rice
 Corn
 Fruit
 Roll
 Cookie
 Milk

26
Chinese Meal: WHITE RICE
BOK CHOY: 香菇青江菜
CHICKEN: 广东鸡
 Wheat Bread
 Fruit Cocktail
 Milk

27
 Ginger Barbequed Chicken
 Mashed Potatoes
 Broccoli
 Roll
 Fruit
 Sugar Cookie
 Margarine
 Milk

28
Chinese: Rice
Green Beans:
 干扁四季豆
Fish: 椒盐带鱼

29
 Roast Pork
 Oven Roasted Potatoes
 Seasoned Carrots
 Wheat Bread
 Fresh Fruit
 Margarine
 Milk

30
 EFS CLOSED
 ENJOY THE LONG WEEKEND!

News

HAPPY BIRTHDAY
 TO OUR AUGUST
 BORN CLIENTS
 CAKE ON THE 1st

IF YOU WON'T BE
 HOME FOR YOUR
 MEAL PLEASE
 CALL 248689-001
 EXT 225