

September 2024

KACS | Lunch Served: Monday - Friday, 11:30am – 12:00pm
1000 S Bascom Ave, San Jose, CA 95128, (408) 421-6646

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day	Pork Stir-Fry Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	Bibimbap Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	Grilled Salmon Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	Chicken Santa Fe Salad Whole Wheat Bread Margarine
9	10	11	12	13
Bibimbap Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	Tri-color Italian Pasta Salad Whole Wheat Bread	Pork Stir-Fry Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	 Chicken & Vegetable Stew Stewed Bean Seasoned White Radish White Rice & Brown Rice with Beans	Grilled Mackerel Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans
16	17	18	19	20
Chicken Quinoa Salad Whole Wheat Bread	Grilled Mackerel Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	 Chicken & Vegetable Stew Stewed Bean Seasoned White Radish White Rice & Brown Rice with Beans	Pork Stir-Fry Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	Beef Stir fry Folded Egg Seasoned Radish White Rice & Brown Rice with Beans
23	24	25	26	27
Pork Stir-Fry Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	Beef Stir fry Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	 Lentil Salad Whole Wheat Bread	Bibimbap Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	 Chicken & Vegetable Stew Stewed Bean Seasoned White Radish White Rice & Brown Rice with Beans
30				
Grilled Mackerel Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans				

*Menu subject to change.

For alternate entrée, please order in advance.

Reservations may be required. Contact the site managers for availability.

Each meal has ~750 to 900 mg of sodium.

Suggested contributions for participants age 60+ is \$3 per meal.

All meals include fruit and milk



VEGETARIAN



HIGH SALT
(more than 1,000 mg
of sodium)