





# December 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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Beef Stir fry</b> Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	 <b>Mediterranean Salad</b>  Whole Wheat Bread (1) Margarine 2 cups salad	<b>Grilled Salmon</b> Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	<b>Pork Stir-Fry</b> Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	<b>Bibimbap</b> Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Grilled Mackerel</b> Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	<b>Bibimbap</b> Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	 <b>Chinese Chicken Salad</b> Whole Wheat Bread (1) Margarine 2 cups salad	<b>Beef Stir fry</b> Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	<b>Pork Stir-Fry</b> Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Bibimbap</b> Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	 <b>Chicken &amp; Vegetable Stew</b> Stewed Bean Seasoned White Radish White Rice & Brown Rice with Beans	<b>Pork Stir-Fry</b> Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	<b>Chicken Salad Sandwich</b> Whole Wheat Bread (2) Margarine Lettuce, Tomato & Onion	<b>Beef Stir fry</b> Folded Egg Seasoned Radish White Rice & Brown Rice with Beans
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Pork Stir-Fry</b> Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans		<b>Christmas Day</b>		
<b>30</b>	<b>31</b>			

\*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)