

Month	Monday	Tuesday	Wednesday	Thursday	Friday
May	Cheese Pizze Soy Bean 比萨/毛豆	Steam Rice/ Baby Corn Chicken Teriyaki 米饭/日式玉米鸡肉	Onion Bread Beef Ball/ Broccoli 葱油餅/肉丸/西兰花	Steamed Bunds Meat Ball/Hash Brown 馒头/肉丸/土豆饼	Dumplings Pork & Veg 鲜肉水饺
June	Steam Rice/ Baby Corn Chinese Sausage 米饭/香肠/玉米	Hotpot Stickers with Chicken 鸡肉锅贴	Chicken Nugget Broccoli 炸鸡块/西兰花	Steam Rice/ Baby Corn Chicken Teriyaki 米饭/日式玉米鸡肉	Mini Hot Dog Soy Bean 热狗/毛豆
July	Cheese Pizze Soy Bean 比萨/毛豆	Steam Rice/ Baby Corn Chicken Teriyaki 米饭/日式玉米鸡肉	Onion Bread Beef Ball/ Broccoli 葱油餅/肉丸/西兰花	Steamed Bunds Meat Ball/Hash Brown 馒头/肉丸/土豆饼	Dumplings Pork & Veg 鲜肉水饺
August	Steam Rice/ Baby Corn Chinese Sausage 米饭/香肠/玉米	Hotpot Stickers with Chicken 鸡肉锅贴	Chicken Nugget Broccoli 炸鸡块/西兰花	Steam Rice/ Baby Corn Chicken Teriyaki 米饭/日式玉米鸡肉	Mini Hot Dog Soy Bean 热狗/毛豆

2017 J&R Hot Lunch Menu (May, June, July, August)

Daily Drinks: Water, No fat Milk

Daily Fruit: Fresh Seasonal Fruit (one kind per day)

Daily Vegetable: Soy Beans, Broccoli, Tomatoes, Carrots, Corns, Spanish, Celery and more (one kind per day)

All our food mostly homemade, no trans-fat, low salt, less oil, no MSG, no nuts, no seafood

Lunch Menu can be changed at any time with or without notice.

It is \$120 per month or \$8 per day.

