

J&R Hot Lunch Menu Guide September - December, 2017

Month / Date	Monday	Tuesday	Wednesday	Thursday	Friday
September	Chess Piazza/Veg	Steam Rice/ turkey meat	Chicken Nuggets/Veg	Dumpling/Hash Brown	Noodles/ Pork
October	Buns / Chinese sausages	Onion Bread / Beef balls	Steam Rice/ Teriyaki chicken	Hot Pot Stickersb/ Veg	BBQ Buns / Eggroll
November	Chess Piazza/Veg	Steam Rice/ turkey meat	Chicken Nuggets/Veg	Dumpling/Hash Brown	Noodles/ Pork
December	Buns / Chinese sausages	Onion Bread / Beef balls	Steam Rice/ Teriyaki chicken	Hot Pot Stickersb/ Veg	BBQ Buns / Eggroll
Daily Driks:	Water, Non 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.					