


# January 2025

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
		1	2	3
		<b>New Year's Day</b>	<b>Beef Stir fry</b> Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	<b>Grilled Salmon</b> Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans
6	7	8	9	10
 <b>Cottage Cheese Salad</b> Whole Wheat Bread (1) Margarine 2 cups salad	<b>Bibimbap</b> Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	<b>Pork Stir-Fry</b> Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	<b>Grilled Mackerel</b> Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	 <b>Chicken &amp; Vegetable Stew</b> Stewed Bean Seasoned White Radish White Rice & Brown Rice with Beans
13	14	15	16	17
<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>Bibimbap</b> Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	<b>Pork Stir-Fry</b> Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	<b>Grilled Mackerel</b> Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans
20	21	22	23	24
<b>Martin Luther King Jr. Day</b>	<b>Beef Stir fry</b> Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	 <b>Turkey &amp; Cheese Sandwich</b> Whole Wheat Bread (2) Margarine Lettuce, Tomato & Onion	<b>Bibimbap</b> Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	<b>Pork Stir-Fry</b> Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans
27	28	29	30	31
<b>Grilled Mackerel</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>Beef Stir fry</b> Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	 <b>Black Bean Burger</b> Whole Wheat Bread (2) Margarine Lettuce, Tomato & Onion	<b>Bibimbap</b> Carrot, Spinach, Cucumber, Gobi & Mushroom 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)