





August 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
			1 Bibimbap Beef, Egg, Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	2 Tri-color Italian Pasta Salad Whole Wheat Bread
5	6	7	8	9
Grilled Salmon Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	Chicken Quinoa Salad Whole Wheat Bread	Bibimbap Beef, Egg, Carrot, Spinach, Cucumber, Gobi & Mushroom 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
12	13	14	15	16
 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	 Lentil Salad Whole Wheat Bread	Beef Stir fry Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	Pork Stir-Fry Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans
19	20	21	22	23
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	Chicken Caesar Salad Whole Wheat Bread	Bibimbap Beef, Egg, Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans
26	27	28	29	30
 Egg Salad Sandwich  Whole Wheat Bread Lettuce, Tomato & Onion	Bibimbap Beef, Egg, Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	Grilled Mackerel Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	Beef Stir fry Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	Pork Stir-Fry Fish Cake Stir Fry Seasoned Seaweed 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)