

October 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	2	3	4
	Bibimbap 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	Chicken Caesar Salad Whole Wheat Bread (1) Margarine 2 cups salad	Beef Stir fry Folded Egg Seasoned Radish White Rice & Brown Rice with Beans
7	8	9	10	11
Bibimbap Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	 BBQ Chicken Salad Whole Wheat Bread (1) Margarine 2 cups salad	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	Grilled Salmon Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans
14	15	16	17	18
Columbus Day	Pork Stir-Fry Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	 Cottage Cheese Salad Whole Wheat Bread (1) Margarine 2 cups salad	Bibimbap Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	 Chicken & Vegetable Stew Stewed Bean Seasoned White Radish White Rice & Brown Rice with Beans
21	22	23	24	25
Beef Stir fry Folded Egg Seasoned Radish White Rice & Brown Rice with Beans	Grilled Mackerel Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	Pork Stir-Fry Fish Cake Stir Fry Seasoned Seaweed White Rice & Brown Rice with Beans	 Mediterranean Salad  Whole Wheat Bread (1) Margarine 2 cups salad	Bibimbap Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans
28	29	30	31	
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	Grilled Mackerel Seasoned Tofu Seasoned Broccoli with Tofu White Rice & Brown Rice with Beans	Bibimbap Carrot, Spinach, Cucumber, Gobi & Mushroom White Rice & Brown Rice with Beans	

*Menu subject to change.

All meals include fruit and milk

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.



VEGETARIAN



HIGH SALT
(more than 1,000 mg
of sodium)