

SENIOR NUTRITION PROGRAM

MENU AUGUST 2022

- To reserve a meal, call VASC at 408-518-6200
- Pre-registration is required.
- Please register online at www.sccgov/snpsignup



COUNTY OF SANTA CLARA
VASC

Vietnamese American Service Center
Trung Tâm Phục Vụ Việt Mỹ
Centro de Servicio Vietnamita Americano

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Stewed Tofu w/ Tomatoes Curry w/ Bell Peppers, Carrots & Onions Brown Rice	2 Vegan Shrimp, Pork, Crab Noodle Soup Cauliflower, Broccoli, Cabbage & Noodle	3 Sautéed Vegan Beef Sour Radish, Cucumber Carrots & Cabbage Salad Brown Rice	4 Braised Tofu w/ Daikon, Carrot & Mushroom, Bell Pepper, Cabbage, Tofu Salad Brown Rice	5 Sweet & Sour Vegan Chicken Tomato Salad Brown Rice	6 Braised Vegan Fish Bean Curd & Eggplant Mixed Salads Red or Wild Rice
8 Vegan Crab, Shrimp Soup Bean Sprouts, Red Cabbage Lettuce & Mint Leaves Rice Noodles	9 Steamed Tofu Carrots, Ginger & Onions Vegetables & Broccoli Brown Rice	10 Braised Lemongrass Tofu Vegan Fish, Bean Sprouts, Chives, Cauliflower Brown Rice	11 Grilled Vegan Beef Vegan Egg Roll, Lettuce, Cucumber, Bean Sprout Rice Noodle	12 Mushroom w/ Vegan Meat Tofu, Cabbage, Bell Peppers Onions & Carrots Brown Rice	13 Braised Pineapple Tofu Mixed Vegetables Brown Rice
VASC IN-SERVICE DAY 15 First Floor Lobby operations are CLOSED . Health Services on Second Floor are open. For information regarding other SNP sites, call 408-755-7680	16 Sautéed Vegan Beef Sour Radish, Cucumber Carrots & Cabbage Salad Brown Rice	17 Stuffed Tofu, Vegan Meat Mixed Salad & Broccoli Red or Wild Rice	18 Vegan Shrimp, Pork, Crab Noodle Soup Cauliflower, Broccoli, Cabbage & Noodle	19 Mongolian Shaken Vegan Beef, Tofu & Carrots Tomato & Onion Salad Brown Rice	20 Mixed Braised Tofu Mixed Vegetable Salad with Vermicelli Brown Rice
22 Curry Tofu Taro, Carrot & Onion Mixed Vegetable Salad Brown Rice	23 Vegan Shrimp Bean Sprouts, Red Cabbage Lettuce & Mint Leaves Non-Whole Grain Noodle	24 Stewed Tofu Ginger & Beans Cucumber & Cabbage Salad Brown Rice	25 Braised Lemongrass Chili Tofu Tomato & Onion Salad Brown Rice	26 Caramelized Tofu Stir-Fried Vegetables with Broccoli Brown Rice	27 Grilled Vegan Beef Vegan Egg Roll, Lettuce, Cucumber, Bean Sprout Rice Noodle
29 Lemongrass Vegan Fish Nirvana Salad Brown Rice	30 Braised Vegan Drumstick Stir-Fried Vegetables Cauliflower & Carrots Brown Rice	31 Hot & Spicy Vegan Beef/ Pork Soup, Bean Sprouts, Red Cabbage, Lettuce Rice Noodle	1 Mongolian Shaken Vegan Beef, Tofu & Carrots Tomato & Onion Salad Brown Rice	2 Steamed Tofu Carrots, Ginger & Onions Cabbage Salad, Vegan Meat Red or Wild Rice	3 Lemongrass Chili Vegan Meat, Vermicelli Mixed Vegetables & Tofu Brown Rice