<table>
<thead>
<tr>
<th>Date</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, May 06, 19</td>
<td>General Tso Chicken</td>
</tr>
<tr>
<td></td>
<td>Sesame Beef and Broccoli</td>
</tr>
<tr>
<td></td>
<td>Fried Rice</td>
</tr>
<tr>
<td></td>
<td>White Rice</td>
</tr>
<tr>
<td></td>
<td>Stir Fried Sugar Snap Peas</td>
</tr>
<tr>
<td></td>
<td>Vegetable Spring Roll</td>
</tr>
<tr>
<td>Tuesday, May 07, 19</td>
<td>General Tso Chicken</td>
</tr>
<tr>
<td></td>
<td>Sesame Beef and Broccoli</td>
</tr>
<tr>
<td></td>
<td>Fried Rice</td>
</tr>
<tr>
<td></td>
<td>White Rice</td>
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<td>Stir Fried Sugar Snap Peas</td>
</tr>
<tr>
<td></td>
<td>Vegetable Spring Roll</td>
</tr>
<tr>
<td>Wednesday, May 08, 19</td>
<td>chicken wings</td>
</tr>
<tr>
<td></td>
<td>flavors to include:</td>
</tr>
<tr>
<td></td>
<td>buffalo, carolina gold, lemon pepper,</td>
</tr>
<tr>
<td></td>
<td>potato wedges</td>
</tr>
<tr>
<td>Thursday, May 09, 19</td>
<td>plant based:</td>
</tr>
<tr>
<td></td>
<td>Black Beans and Yellow Rice</td>
</tr>
<tr>
<td></td>
<td>Mixed Green Salad</td>
</tr>
<tr>
<td>Friday, May 10, 19</td>
<td>plant based:</td>
</tr>
<tr>
<td></td>
<td>Black Beans and Yellow Rice</td>
</tr>
<tr>
<td></td>
<td>Mixed Green Salad</td>
</tr>
</tbody>
</table>

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.