

		Price/tray
PORK		
Sweet & sour pork	4480 Cals/tray	\$55.00
CHICKEN		
Orange chicken	5360 Cals/tray	\$55.00
Go-Chu-Jang chicken	3760 Cals/tray	\$55.00
Kung Pao chicken	2320 Cals/tray	\$55.00
Honey garlic chicken	5760 Cals/tray	\$55.00
Mushroom chicken	1920 Cals/tray	\$55.00
Green bean chicken	1920 Cals/tray	\$55.00
BEEF		
Black pepper beef	2320 Cals/tray	\$58.00
Spicy beef	2320 Cals/tray	\$58.00
Pepper steak	2320 Cals/tray	\$58.00
Beef & brocolli	2440 Cals/tray	\$58.00
VEGETABLE		
Mixed veggies	1800 Cals/tray	\$40.00
Eggplant & tofu	2560 Cals/tray	\$45.00
OTHER		
Lo mein noodles	2760 Cals/tray	\$35.00
Fried rice	3360 Cals/tray	\$35.00
Steam rice	3000 Cals/tray	\$25.00
Veggie spring rolls	(10 pieces) 900 Cals/tray	\$20.00
Chicken balls	(20 pieces) 1900 Cals/tray	\$20.00
Chicken wings	(20 pieces) 1650 Cals/tray	\$30.00

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

PLEASE PLACE YOUR ORDER 1 DAY IN ADVANCE.
ALL PRICES SUBJECT TO CHANGE AND 13% HST TAXES.

