

Hmong Meals on Wheels Menu

Chicken

1. Rice, Stuffed chicken wings (ground meat, vermicelli noodles, carrots, wood ear mushroom) and side of vegetables
2. Rice, Deep fry/bake chicken wings and side of vegetables
3. Rice, Chicken boil with tofu
4. Rice, Chicken laab and side of vegetables
5. Rice, chicken tom yum soup
6. Rice, bake/deep fry Quails and side of vegetables
7. Rice, Chicken boil with napa,
8. Rice, Chicken boil with celery
9. Rice, Cabbage roll, and side of vegetables
10. Rice, chicken boil with bitter melon
11. Rice, chicken boil with chayote
12. Rice, chicken boil with herbs

Pork

1. Rice, baked Pork Belly, and side of vegetables
2. Rice, Baked Sausage, and side of vegetables
3. Rice, ground pork stir fry with tomatoes.
4. Rice, bake stuffed bell pepper and side of vegetables
5. Rice, ground pork stir fry with basil and red pepper
6. Rice, ground pork boil with greens/vegetables
7. Rice, pork ribs boil with vegetables
8. Rice, Hmong sausage, and side of vegetables
9. Rice, Pork belly stir fry Chinese broccoli
10. Rice, Roast pork and side of vegetables
11. Rice, deep fry egg rolls, and side of vegetables

Beef

1. Rice, beef ola soup
2. Rice, beef stir fry with vegetables
3. Rice, beef boil with vegetables

Seafood

1. Rice, Baked Shrimp and side of vegetables
2. Rice, Baked/deep fry/steam Fish and side of vegetables
3. Rice, Shrimp stir fry with vegetables

Vegetable

1. Rice, boil mushroom (wood ear and oyster) soup
2. Rice, vegetable stir fry

Noodle

1. Beef/chicken chow fun noodles and side of vegetables
2. Vermicelli noodle with curry soup
3. Bean thread noodle stir fry with meat/veggies and side of vegetables