



APRIL 2021 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>World Health Day</p>	<p>Healthy isn't a goal... It's a way of living.</p>		<p>1 愚人節</p> <p>Cheese Omelet Yams</p> <p>起司煎蛋捲 山藥</p>	<p>2</p> <p>Egg Patty Turkey Ham</p> <p>蛋餅 火雞火腿</p>	<p>3</p> <p>Egg Patty Turkey Sausage Patty</p> <p>蛋餅 火雞香腸肉餅</p>	<p>4 復活節</p> <p>Cottage Cheese Blueberry Muffin</p> <p>乾酪 藍莓鬆餅</p>
<p>5</p> <p>Strawberry Yogurt California Salad</p> <p>草莓酸奶 加州沙拉</p>	<p>6</p> <p>Egg Patty Whole Grain Pancakes</p> <p>蛋餅 全穀物煎餅</p>	<p>7 世界衛生日</p> <p>Hard Boiled Eggs Baby Carrots</p> <p>白煮蛋 嬰兒胡蘿蔔</p>	<p>8</p> <p>Egg Patty Refried Beans</p> <p>蛋餅 豆泥</p>	<p>9</p> <p>Scrambled Eggs Beef Hash</p> <p>炒雞蛋 牛肉哈希</p>	<p>10</p> <p>Breaded Chicken Edamame</p> <p>麵包雞 毛豆</p>	<p>11</p> <p>Peanut Butter Whole Wheat Bread</p> <p>花生醬 全麥麵包</p>
<p>12</p> <p>Scrambled Eggs Broccoli</p> <p>炒雞蛋 西蘭花</p>	<p>13</p> <p>Hard Boiled Eggs Three Bean Salad</p> <p>白煮蛋 三豆色拉</p>	<p>14</p> <p>Egg Patty Sliced Turkey Breast</p> <p>蛋餅 薄片的火雞胸肉</p>	<p>15 納稅日</p> <p>Cottage Cheese Mixed Fruit</p> <p>乾酪 混合水果</p>	<p>16</p> <p>Scrambled Eggs Turkey Sausage Links</p> <p>炒雞蛋 火雞香腸鏈接</p>	<p>17</p> <p>Turkey Sausage Patty O'Brien Potatoes</p> <p>火雞香腸肉餅 奧布萊恩土豆</p>	<p>18</p> <p>Beef Hash Hashbrowns</p> <p>牛肉哈希 土豆煎餅</p>
<p>19</p> <p>Breaded Chicken Sweet Potatoes</p> <p>麵包雞 紅薯</p>	<p>20</p> <p>Scrambled Eggs Black Beans</p> <p>炒雞蛋 黑豆</p>	<p>21</p> <p>Turkey Ham Spinach</p> <p>火雞火腿 菠菜</p>	<p>22 地球日</p> <p>Peanut Butter Whole Wheat Bread</p> <p>花生醬 全麥麵包</p>	<p>23</p> <p>Egg Patty Sliced Turkey Breast</p> <p>蛋餅 薄片的火雞胸肉</p>	<p>24</p> <p>Hard Boiled Eggs Raisin Bran Cereal</p> <p>白煮蛋 葡萄乾麩麥片</p>	<p>25</p> <p>Cottage Cheese Pineapple Tidbits</p> <p>乾酪 菠蘿花絮</p>
<p>26</p> <p>Hard Boiled Egg Refried Beans, Cheese</p> <p>白煮蛋 炸豆, 奶酪</p>	<p>27</p> <p>Egg Patty Blueberry Muffin</p> <p>蛋餅 藍莓鬆餅</p>	<p>28</p> <p>Peanut Butter Whole Wheat Bread</p> <p>花生醬 全麥麵包</p>	<p>29</p> <p>Scrambled Eggs Black Beans</p> <p>炒雞蛋 黑豆</p>	<p>30 植樹節</p> <p>Strawberry Yogurt Hard Boiled Egg</p> <p>草莓酸奶 白煮蛋</p>	<p>EARTH DAY</p>	<p>ARBOR DAY</p>

“该项目得到圣地亚哥县健康与人类服务局·老齡与独立服务局的《老年美国人法案》基金的支持。”

菜单可能会改变

任何符合资格的人均不得因无法或无力捐赠而被拒绝用餐。