



FEBRUARY 2021 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Scrambled Eggs w/ Cheese Crispy Cubed Potatoes</p> <p>芝士炒雞蛋 脆皮土豆</p>	<p>2 Groundhog Day Egg Patty Turkey Ham</p> <p>蛋餅 火雞火腿</p>	<p>3 Peanut Butter Whole Wheat Bread</p> <p>花生醬 全麥麵包</p>	<p>4 Egg Patty Sliced Turkey Breast</p> <p>蛋餅 切成薄片的火雞胸脯</p>	<p>5 Strawberry Yogurt Hard Boiled Egg</p> <p>草莓酸奶奶 水煮蛋</p>	<p>6 Cottage Cheese Chocolate Chip Muffin</p> <p>乾酪 巧克力鬆餅</p>	<p>7 Hard Boiled Eggs W.W. English Muffin</p> <p>白煮蛋 W.W. 英式鬆餅</p>
<p>8 Egg Patty Sliced Turkey Breast</p> <p>蛋餅 切成薄片的火雞胸脯</p>	<p>9 Cottage Cheese Mixed Fruit</p> <p>乾酪 混合水果</p>	<p>10 Breaded Chicken Spinach</p> <p>麵包雞 菠菜</p>	<p>11 Egg Patty Whole Grain Pancakes</p> <p>蛋餅 全穀物煎餅</p>	<p>12 Chinese New Year Scrambled Eggs Beef Hash</p> <p>炒雞蛋 牛肉哈希</p>	<p>13 Peanut Butter Chocolate Chip Muffin</p> <p>花生醬 巧克力鬆餅</p>	<p>14 Valentine's Day Scrambled Eggs Black Beans</p> <p>炒雞蛋 黑豆</p>
<p>15 President's Day Egg Patty Broccoli</p> <p>蛋餅 西蘭花</p>	<p>16 Scrambled Eggs Hashbrowns</p> <p>炒雞蛋 土豆煎餅</p>	<p>17 Hard Boiled Eggs Baby Carrots</p> <p>白煮蛋 小胡蘿蔔</p>	<p>18 Cheese Omelet Yams</p> <p>起司煎蛋捲 山藥</p>	<p>19 Egg Patty Turkey Ham</p> <p>蛋餅 火雞火腿</p>	<p>20 Egg Patty Turkey Sausage Patty</p> <p>蛋餅 土雞香腸肉餅</p>	<p>21 Cottage Cheese Blueberry Muffin</p> <p>乾酪 藍莓鬆餅</p>
<p>22 Strawberry Yogurt Black Bean Corn Salad</p> <p>草莓酸奶奶 黑豆玉米沙拉</p>	<p>23 Egg Patty Whole Grain Pancakes</p> <p>蛋餅 全穀物煎餅</p>	<p>24 Hard Boiled Eggs Baby Carrots</p> <p>白煮蛋 小胡蘿蔔</p>	<p>25 Egg Patty, Cheese Refried Beans</p> <p>蛋餅, 奶酪 豆泥</p>	<p>26 Scrambled Eggs Beef Hash</p> <p>炒雞蛋 牛肉哈希</p>	<p>27 Breaded Chicken Edamame</p> <p>麵包雞 毛豆</p>	<p>28 Peanut Butter W.W. English Muffin</p> <p>花生醬 W.W. 英式鬆餅</p>
	<p>Celebrate BLACK HISTORY MONTH</p> <p>1619 1865 1947 1952 2009</p> <p>Honoring A GREAT HERITAGE</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。