



# 2021 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<p>1 Scrambled Eggs Black Beans</p> <p>炒雞蛋 黑豆</p>	<p>2 Turkey Ham Spinach</p> <p>火雞火腿 菠菜</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 火雞胸脯片</p>	<p>5 Hard Boiled Eggs Raisin Bran Cereal</p> <p>白煮蛋 葡萄乾麩麥片</p>	<p>6 Cottage Cheese California Salad</p> <p>乾酪 加州沙拉</p>	
<p>7 Hard Boiled Egg Refried Beans w/ Cheese</p> <p>白煮蛋 芝士豆</p>	<p>8 Egg Patty Turkey Ham</p> <p>蛋餅 火雞火腿</p>	<p>9 Peanut Butter Whole Wheat Bread</p> <p>花生醬 全麥麵包</p>	<p>10 Scrambled Eggs Black Beans</p> <p>炒雞蛋 黑豆</p>	<p>11 Strawberry Yogurt Hard Boiled Egg</p> <p>草莓酸奶 白煮蛋</p>	<p>12 Cottage Cheese Three Bean Salad</p> <p>乾酪 三豆色拉</p>	<p>13 Hard Boiled Eggs W.W. English Muffin</p> <p>白煮蛋 W.W. 英式鬆餅</p>	
<p>14 Sliced Turkey Breast Broccoli</p> <p>火雞胸脯片 西蘭花</p>	<p>15 Cottage Cheese Banana Muffin</p> <p>乾酪 香蕉鬆餅</p>	<p>16 Breaded Chicken Spinach</p> <p>麵包雞 菠菜</p>	<p>17 Scrambled Eggs Beef Hash</p> <p>炒雞蛋 牛肉哈希</p>	<p>18 Hard Boiled Egg Whole Grain Pancakes</p> <p>白煮蛋 全穀物煎餅</p>	<p>19 Peanut Butter Chocolate Chip Muffin</p> <p>花生醬 巧克力鬆餅</p>	<p>20 Father's Day Scrambled Eggs Black Beans</p> <p>炒雞蛋 黑豆</p> <p>Summer Begins!</p>	
<p>21 Egg Patty Broccoli</p> <p>蛋餅 西蘭花</p>	<p>22 Hard Boiled Eggs Chocolate Chip Muffin</p> <p>白煮蛋 巧克力鬆餅</p>	<p>23 Scrambled Eggs Hashbrowns</p> <p>炒雞蛋 土豆煎餅</p>	<p>24 Cheese Omelet Yams</p> <p>起司煎蛋捲 山藥</p>	<p>25 Strawberry Yogurt Whole Wheat Bread</p> <p>草莓酸奶 全麥麵包</p>	<p>26 Egg Patty Turkey Sausage Patty</p> <p>蛋餅 火雞香腸肉餅</p>	<p>27 Cottage Cheese Blueberry Muffin</p> <p>乾酪 藍莓鬆餅</p>	
<p>28 Strawberry Yogurt California Salad</p> <p>草莓酸奶 加州沙拉</p>	<p>29 Sliced Turkey Breast Fiesta Vegetables</p> <p>火雞胸脯片 嘉年華蔬菜</p>	<p>30 Hard Boiled Eggs Whole Wheat Bread</p> <p>白煮蛋 全麥麵包</p>					

“该项目得到圣地亚哥县健康与人类服务局、老龄与独立服务局的《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。

