




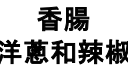


















JANUARY 2021 Lunch Menu

"I have a dream!"



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Happy New Year		 NEW MOMENTS NEW ADVENTURES NEW LESSONS NEW MEMORIES NEW CHALLENGES NEW OPPORTUNITIES		1 New Year's Day Potato Crusted Fish Roasted Potatoes 馬鈴薯脆魚 臟糙米	2 BBQ Rib Patty German Coleslaw 燒烤豬肉 德國涼拌捲心菜	3 Parmesan Chicken Whole Grain Pasta  帕瑪森雞 全麥麵食
4 Baked Chicken Whipped Potatoes  焗雞 攪打土豆	5 Sausage w/ Onions & Peppers  香腸 洋蔥和辣椒	6 Pork Patty, Gravy Potato Cubes 肉汁肉餅 土豆塊	7 Sloppy Joe Oven Roasted Potatoes  邇邇喬 烤箱烤土豆	8 Potato Crusted Fish Sliced Carrots 馬鈴薯脆魚 胡蘿蔔	9 Salisbury Steak Whipped Potatoes 索爾茲伯里牛排 攪打土豆	10 Honey Baked Chicken Yams  蜜烤雞胸 山藥
11 Beef Stroganoff Sliced Carrots  肉汁牛肉餅 胡蘿蔔	12 BBQ Chicken Baked Beans  燒烤雞 焗豆	13 Garden Turkey Salad Whole Grain Crackers  花園土雞沙拉 全麥餅乾	14 Hamburger Oven Roasted Potatoes 漢堡包 烤馬鈴薯	15 Bean Chili Whipped Potatoes  牛肉椒豆濃湯/豆 攪打土豆	16 Grilled Pork Lemon Orzo 烤豬拌醬 檸檬麵食	17 Chicken Caprese Italian Vegetable Blend  意大利紅烩雞 卡普里蔬菜混合
18 Martin Luther King Jr. Smothered Chicken Dirty Brown Rice  烤雞胸肉 臟糙米	19 Pork Carnitas Fiesta Corn  豬肉肉 玉米和西紅柿	20 Cream of Tomato Soup Tuna Salad 西紅柿羅勒湯 吞拿沙拉	21 Baked Chicken Spinach Cream Chicken  焗雞, 菠菜奶油醬	22 Breaded Fish Brown Rice 麵包魚 糙米	23 Sausage w/ Onions & Peppers 香腸 洋蔥和辣椒	24 Hungarian Grilled Pork Garden Medley Rice  克里奧爾豬肉 五彩紙屑糙米
25 Beef Italiano Whole Kernel Corn 意大利牛肉 全仁玉米	26 Sliced Turkey Breast Roasted Sweet Potatoes 切片土雞胸肉 烤紅薯	27 Beef Taco Salad Whole Grain Chips  塔克牛肉沙拉 全麥玉米餅	28 Curry Chicken Brown Rice  咖哩雞 糙米	29 Cheese Enchiladas Pinto Beans 奶酪辣醬玉米餅餡 斑豆	30 Swedish Meatballs Whole Grain Pasta  瑞典肉丸 全麥麵食	31 Creole Steak Chunky Potatoes 克里奧爾牛排 土豆塊

“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。”

建議的老年人捐贈：每餐\$ 1.00

菜單可能會改變

任何符合資格的人均不得因無法或無力捐贈而被拒絕用餐。

