





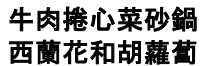


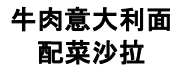







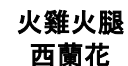

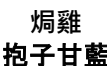
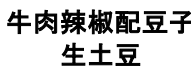


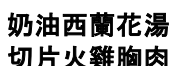






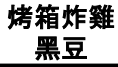










# August 2021 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> <b>BBQ Chicken</b> <b>Cheesy Brown Rice</b>  烤雞 芝士糙米	<b>31</b> <b>Sloppy Joe</b> <b>Whipped Potatoes</b>  濃湯香 生土豆	 				<b>1</b> <b>Chicken w/ Gravy</b> <b>Green Peas</b>  雞肉配肉汁 青豆
<b>2</b> <b>Beef Cabbage Casserole</b> <b>Broccoli &amp; Carrots</b>  牛肉捲心菜砂鍋 西蘭花和胡蘿蔔	<b>3</b> <b>Chicken Fajita Meat</b> <b>Mexican Brown Rice</b>  雞肉法吉塔肉 墨西哥糙米	<b>4</b> <b>Minestrone Soup</b> <b>Tuna Salad</b>  蔬菜濃湯 金槍魚沙拉	<b>5</b> <b>Beef Spaghetti</b> <b>Side Salad</b>  牛肉意大利面 配菜沙拉	<b>6</b> <b>Breaded Pollock</b> <b>Glazed Carrots</b>  麵包鱈魚 釉面胡蘿蔔	<b>7</b> <b>Honey Mustard Chicken</b> <b>Italian Vegetables</b>  蜂蜜芥末雞 意大利蔬菜	<b>8</b> <b>閉幕儀式</b> <b>Savory Beef Casserole</b> <b>Spinach</b>  百果餡牛肉 菠菜
<b>9</b> <b>Turkey Divan</b> <b>Brown Rice</b>  火雞合集 糙米	<b>10</b>  <b>Oven Fried Chicken</b> <b>Black Beans</b>  烤箱炸雞 黑豆	<b>11</b> <b>Oriental Chicken Salad</b> <b>Whole Wheat Bread</b>  東方雞肉沙拉 全麥麵包	<b>12</b> <b>Turkey Ham</b> <b>Broccoli</b>  火雞火腿 西蘭花	<b>13</b> <b>Salisbury Steak w/ Gravy</b> <b>Penne Pasta</b>  索爾茲伯里牛排配肉汁 意大利管面	<b>14</b> <b>Baked Chicken</b> <b>Brussels Sprouts</b>  焗雞 孢子甘藍	<b>15</b> <b>Beef Chili w/ Beans</b> <b>Whipped Potatoes</b>  牛肉辣椒配豆子 生土豆
<b>16</b> <b>Pork w/ Mushrooms</b> <b>Spinach</b>  豬肉配蘑菇 菠菜	<b>17</b> <b>Baked Chicken</b> <b>Cilantro Brown Rice</b>  焗雞 香菜糙米	<b>18</b> <b>Cream of Broccoli Soup</b> <b>Sliced Turkey Breast</b>  奶油西蘭花湯 切片火雞胸肉	<b>19</b> <b>Breaded Garlic Pollock</b> <b>Broccoli w/ Cheese</b>  麵包蒜鱈魚 西蘭花配奶酪	<b>20</b> <b>Lemon Pepper Chicken</b> <b>Cut Yams</b>  檸檬胡椒雞 切山藥	<b>21</b> <b>長者日</b>  <b>Hamburger</b> <b>Baked Beans</b>  漢堡包 焗豆	<b>22</b> <b>Oriental Turkey</b> <b>Glazed Carrots</b>  東方火雞 釉面胡蘿蔔
<b>23</b>  <b>Oven Fried Chicken</b> <b>Black Beans</b>  烤箱炸雞 黑豆	<b>24</b> <b>Cheeseburger Macaroni</b> <b>Spring Vegetables</b>  芝士漢堡通心粉 春季蔬菜	<b>25</b> <b>Chef Salad</b> <b>Whole Wheat Bread</b>  主廚沙拉 全麥麵包	<b>26</b> <b>Pork Stir Fry</b> <b>Brown Rice</b>  豬肉炒 糙米	<b>27</b> <b>Curry Chicken</b> <b>Side Salad</b>  咖哩雞 配菜沙拉	<b>28</b> <b>Pork Carnitas</b> <b>Pineapple Carrots</b>  豬肉肉餅 菠蘿胡蘿蔔	<b>29</b> <b>Beef Patty w/ Sauce</b> <b>Penne Pasta</b>  牛肉餅配醬汁 意大利管面

““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无法或无力捐贈而被拒絕用餐。

