

SEPTEMBER 2021 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>1 Turkey Ham Spinach</p> <p>火雞火腿 菠菜</p>	<p>2 Hard Boiled Egg California Veg Salad</p> <p>白煮蛋 加州蔬菜沙拉</p>	<p>3 Egg Patty O'Brien Potatoes</p> <p>蛋餅 奧布萊恩土豆</p>	<p>4 Hard Boiled Egg Whole Wheat Bread</p> <p>白煮蛋 全麥麵包</p>	<p>5 Cottage Cheese Banana Muffin</p> <p>乾酪 香蕉鬆餅</p>
<p>6 勞動節</p> <p>Beans w/ Cheese Fiesta Vegetables</p> <p>豆子配奶酪 嘉年華蔬菜</p>	<p>7 Breaded Chicken Patty Spinach</p> <p>麵包雞肉餅 菠菜</p>	<p>8 Strawberry Yogurt Broccoli Raisin Salad</p> <p>草莓酸奶 西蘭花葡萄乾沙拉</p>	<p>9 Sliced Turkey Breast Cut Yams</p> <p>切片火雞胸肉 切山藥</p>	<p>10 Turkey Sausage Patty O'Brien Potatoes</p> <p>火雞香腸餡餅 奧布萊恩土豆</p>	<p>11 911 紀念</p> <p>Cottage Cheese Blueberry Muffin</p> <p>乾酪 藍莓鬆餅</p>	<p>12 Hard Boiled Eggs Whole Wheat Bread</p> <p>白煮蛋 全麥麵包</p>
<p>13 Egg Patty Broccoli w/ Cheese</p> <p>蛋餅 西蘭花配奶酪</p>	<p>14 Cottage Cheese Banana Muffin</p> <p>乾酪 香蕉鬆餅</p>	<p>15 Scrambled Eggs Whole Grain Pancakes</p> <p>炒雞蛋 全麥煎餅</p>	<p>16 Hard Boiled Egg Whole Wheat Bread</p> <p>白煮蛋 全麥麵包</p>	<p>17 Beans w/ Cheese Fiesta Vegetables</p> <p>豆子配奶酪 嘉年華蔬菜</p>	<p>18 Hard Boiled Eggs Blueberry Muffin</p> <p>白煮蛋 藍莓鬆餅</p>	<p>19 Breaded Chicken Patty Cut Yams</p> <p>麵包雞肉餅 切山藥</p>
<p>20 Black Beans Fiesta Vegetables</p> <p>黑豆 嘉年華蔬菜</p>	<p>21 Hard Boiled Eggs Chocolate Chip Muffin</p> <p>白煮蛋 巧克力鬆餅</p>	<p>22 秋季開始</p> <p>Cottage Cheese Edamame</p> <p>乾酪 毛豆</p>	<p>23 Omelet w/ Cheese Cut Yams</p> <p>煎蛋捲配奶酪 切山藥</p>	<p>24 Breaded Chicken Patty Broccoli Raisin Salad</p> <p>麵包雞肉餅 西蘭花葡萄乾沙拉</p>	<p>25 Egg Patty Turkey Sausage Patty</p> <p>蛋餅 火雞香腸餡餅</p>	<p>26 Strawberry Yogurt Pineapple Carrots</p> <p>草莓酸奶 菠蘿胡蘿蔔</p>
<p>27 Egg Patty Pancakes</p> <p>蛋餅 薄煎餅</p>	<p>28 Strawberry Yogurt Vegetable Salad</p> <p>草莓酸奶 蔬菜沙拉</p>	<p>29 Hard Boiled Eggs Carrots</p> <p>白煮蛋 嬰兒胡蘿蔔</p>	<p>30 Black Beans O'Brien Potatoes</p> <p>黑豆 奧布萊恩土豆</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。