


October 2020 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>因為食物供應不確定，菜單的任何更改都與沒有的食物有關。請知道，我們感謝您的理解。 真誠的， <i>Serving Seniors</i></p> 			<p>1 Peanut Butter Oatmeal Banana </p> <p>花生醬 麥片 香蕉</p>	<p>2 Turkey Ham Cheese, Spinach Whole Grain Biscuit </p> <p>火雞火腿 奶酪，菠菜 全麥餅乾</p>	<p>3 Cottage Cheese Pineapple Tidbits Carrot Raisin Salad </p> <p>乾酪 菠蘿花梨 胡蘿蔔葡萄乾沙拉</p>	<p>4 Breaded Chicken Patty W.W. English Muffin Hashbrowns </p> <p>麵包屑的雞肉餡餅 W.W.英式鬆餅 土豆煎餅</p>
<p>5 Egg Patty, Cheese Turkey Sausage Whole Grain Biscuit</p> <p>蛋餅，奶酪 土雞香腸 全麥餅乾</p>	<p>6 Eggs w/ Cheese Broccoli Whole Wheat Bread </p> <p>雞蛋配芝士 西蘭花 全麥麵包</p>	<p>7 Breakfast Burrito Pinto Beans Hashbrowns </p> <p>早餐捲餅 斑豆 土豆煎餅</p>	<p>8 Scrambled Eggs w/ Peppers Shredded Cheese</p> <p>炒雞蛋 和辣椒 碎芝士</p>	<p>9 Breakfast Pizza Hard Boiled Egg Hashbrowns </p> <p>早餐披薩 水煮蛋 土豆煎餅</p>	<p>10 Egg Patty, Cheese Sliced Turkey Breast W.W. English Muffin</p> <p>蛋餅，奶酪 切成薄片的火雞胸脯 W.W.英式鬆餅</p>	<p>11 Cottage Cheese Pineapple Tidbits Green Pea Salad </p> <p>乾酪 菠蘿花梨 綠豌豆沙拉</p>
<p>12 Columbus Day</p> <p>Bean & Cheese Burrito O'Brien Potatoes Fresh Banana </p> <p>豆和奶酪捲餅 奧布萊恩土豆 新鮮香蕉</p>	<p>13 Eggs w/ Cheese Broccoli Raisin Bran Cereal </p> <p>雞蛋配芝士 西蘭花 葡萄乾麩麥片</p>	<p>14 Strawberry Yogurt Carrot & Raisin Salad Whole Wheat Bread  </p> <p>草莓酸奶 胡蘿蔔和葡萄乾沙拉 全麥麵包</p>	<p>15 Egg Patty Sliced Turkey Breast Whole Grain Pancakes</p> <p>蛋餅 切成薄片的火雞胸脯 全穀物煎餅</p>	<p>16 Breakfast Burrito Black Beans Hashbrowns </p> <p>早餐捲餅 黑豆 土豆煎餅</p>	<p>17 Eggs w/ Cheese & Peppers W.W. English Muffin</p> <p>雞蛋配芝士 & 胡椒 W.W.英式鬆餅</p>	<p>18 Peanut Butter String Cheese W.W. English Muffin </p> <p>花生醬 芝士條 W.W.英式鬆餅</p>
<p>19 Scrambled Eggs Sausage & Gravy Broccoli </p> <p>炒雞蛋 香腸和肉汁 西蘭花</p>	<p>20 Hard Boiled Egg Peanut Butter Three Bean Salad </p> <p>水煮蛋 花生醬 三豆色拉</p>	<p>21 Egg Patty, Cheese Beef Hash Hashbrowns</p> <p>蛋餅，奶酪 牛肉哈希 土豆煎餅</p>	<p>22 Turkey Sausage Patty Swiss Cheese O'Brien Potatoes</p> <p>土雞香腸肉餅 瑞士芝士 奧布萊恩土豆</p>	<p>23 Turkey Sausage Links Bagels w/ Cream Cheese Yams </p> <p>土雞香腸鏈接 奶油芝士麵包 山藥</p>	<p>24 Cottage Cheese Mixed Fruit Bran Muffin </p> <p>乾酪 混合水果 麩皮鬆餅</p>	<p>25 Egg Patty Sliced Turkey Breast O'Brien Potatoes</p> <p>蛋餅 切成薄片的火雞胸脯 奧布萊恩土豆</p>
<p>26 Breakfast Burrito Black Beans Hashbrowns </p> <p>早餐捲餅 黑豆 土豆煎餅</p>	<p>27 Peanut Butter Oatmeal Whole Wheat Bread </p> <p>花生醬 麥片 全麥麵包</p>	<p>28 Breaded Chicken Patty W.W. English Muffin Cheesy Potato & Corn</p> <p>麵包屑的雞肉餡餅 W.W.英式鬆餅 奶酪土豆和玉米</p>	<p>29 Hard Boiled Egg String Cheese Edamame </p> <p>水煮蛋 芝士條 毛豆</p>	<p>30 Turkey Ham Cheese, Spinach Whole Grain Biscuit </p> <p>火雞火腿 奶酪，菠菜 全麥餅乾</p>	<p>31 萬聖節</p> <p>Egg Patty Sliced Turkey Breast Hashbrowns </p> <p>蛋餅 切成薄片的火雞胸脯 土豆煎餅</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。