






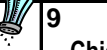




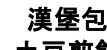


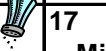





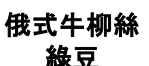
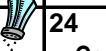

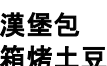

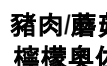

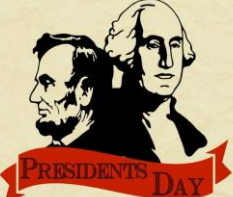








FEBRUARY 2021 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Barbecue Pork Riblet Broccoli & Carrots  燒烤豬肉 西蘭花和胡蘿蔔	2 Groundhog Day Meatloaf w/ Gravy Whipped Potatoes  肉餅配肉汁 攪打土豆	3 Vegetable Soup Carrot & Raisin Salad  蔬菜湯 胡蘿蔔和葡萄乾沙拉	4 Breaded Chicken Crispy Cubed Potatoes  麵包雞 脆皮土豆	5 Lemon-Pepper Fish Dirty Brown Rice  檸檬胡椒魚 臟糙米	6 Beef Rice Bake Roasted Potato Medley  牛肉飯烤 烤土豆混合泳	7 Enchilada Chicken Black Beans  辣醬玉米餅餡雞 黑豆
8 Cabbage Roll Fiesta Vegetables  白菜捲 嘉年華蔬菜	9 Chicken Cordon Bleu Whipped Potatoes  雞肉藍帶 攪打土豆	10 Chef Salad Fresh Fruit  主廚沙拉 新鮮的水果	11 Sweet & Sour Pork Brown Rice  主廚沙拉 新鮮的水果	12 Chinese New Year Cheese Omelet Country Vegetables  起司煎蛋捲 鄉村蔬菜	13 Hamburger Hashbrowns  漢堡包 土豆煎餅	14 Valentine's Day Beef Lasagna Broccoli & Carrots  牛肉千層面 西蘭花和胡蘿蔔
15 President's Day Chicken & Dumplings Whipped Potatoes  雞肉和餃子 攪打土豆	16 Sausage w/ Onions & Peppers  香腸 洋蔥和辣椒	17 Minestrone Soup Chicken Salad  蔬菜濃湯 雞肉沙拉	18 Sloppy Joe Oven Roasted Potatoes  邇邇喬 烤箱烤土豆	19 Potato Crusted Fish Brown Rice Succotash  馬鈴薯脆魚 糙米蔗糖	20 Salisbury Steak Whipped Potatoes  索爾茲伯里牛排 攪打土豆	21 Honey Baked Chicken Yams  蜂蜜烤雞 山藥
22 Beef Stroganoff Green Beans  俄式牛柳絲 綠豆	23 BBQ Chicken Baked Beans  燒烤雞 焗豆	24 Garden Turkey Salad Mini Crackers  花園土耳其沙拉 迷你餅乾	25 Hamburger Oven Roasted Potatoes  漢堡包 烤箱烤土豆	26 Bean Chili Whipped Potatoes  豆辣椒 攪打土豆	27 Pork w/ Mushrooms Lemon Orzo  豬肉/蘑菇 檸檬奧佐	28 Chicken Caprese Italian Vegetable Blend  雞肉凱普萊斯 意大利蔬菜混合
						

““该项目得到圣地亚哥县健康与人类服务局·老齡与独立服务局的《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刀捐贈而被拒絕用餐。

