



JANUARY 2021 Breakfast Menu



What matters is not how long you live... but how you live.

Martin Luther King

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 New Year's Day Breakfast Pizza Hard Boiled Egg 早餐披薩 水煮蛋	2 Egg Patty, Cheese Sausage 蛋餅, 奶酪香腸	3 Cottage Cheese Bran Muffin 乾酪麩皮鬆餅
4 Egg Patty Black Beans 蛋餅 黑豆	5 Scrambled Eggs Hashbrowns 炒雞蛋 土豆煎餅	6 Hard Boiled Eggs Chocolate Chip Muffin 水煮蛋 鬆餅	7 Cheese Omelet Yams 起司煎蛋捲 山藥	8 Egg Patty Turkey Ham 蛋餅 火雞火腿	9 Egg Patty, Cheese Turkey Sausage Patty 蛋餅, 奶酪土雞香腸肉餅	10 Cottage Cheese Blueberry Muffin 乾酪鬆餅
11 Strawberry Yogurt Whole Wheat Bread 草莓酸奶 全麥麵包	12 Egg Patty Whole Grain Pancakes 蛋餅 全穀物煎餅	13 Hard Boiled Eggs Whole Wheat Bread 水煮蛋 全麥麵包	14 Egg Patty w/ Cheese O'Brien Potatoes 蛋餅, 奶酪奧布萊恩土豆	15 Scrambled Eggs Beef Hash 炒雞蛋 牛肉哈希	16 Breaded Chicken Edamame 麵包屑的雞肉餡餅 毛豆	17 Peanut Butter W.W. English Muffin 花生醬 W.W. 英式鬆餅
18 Martin Luther King Jr. Scrambled Eggs Sausage & Gravy 炒雞蛋 香腸和肉汁	19 Hard Boiled Eggs Three Bean Salad 水煮蛋 三豆色拉	20 Egg Patty Sliced Turkey Breast 蛋餅 切成薄片的火雞胸脯	21 Cottage Cheese Bran Muffin 乾酪 麩皮鬆餅	22 Scrambled Eggs Turkey Sausage Links 炒雞蛋 土雞香腸鏈接	23 Turkey Sausage Patty O'Brien Potatoes 土雞香腸肉餅 奧布萊恩土豆	24 Egg Patty w/ Cheese Beef Hash 蛋餅, 奶酪牛肉哈希
25 Scrambled Eggs Black Beans 炒雞蛋 黑豆	26 Turkey Ham Spinach 火雞火腿 菠菜	27 Breaded Chicken Whole Grain Biscuit 麵包屑的雞肉餡餅 全麥餅乾	28 Hard Boiled Eggs Raisin Bran Cereal 水煮蛋 葡萄乾麩麥片	29 Egg Patty Sliced Turkey Breast 蛋餅 切成薄片的火雞胸脯	30 Peanut Butter Whole Wheat Bread 花生醬 全麥麵包	31 Cottage Cheese Broccoli Raisin Salad 乾酪 西蘭花和葡萄乾沙拉

“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。”

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