



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Turkey Sausage Patty Scrambled Eggs</p> <p>火雞香腸肉餅 炒雞蛋</p>	<p>2 Cheese Omelet Brussels Sprouts</p> <p>起司煎蛋捲 球芽甘藍</p>	<p>3 Hard Boiled Eggs Multi-Grain Bread</p> <p>白煮蛋 雜糧麵包</p>	<p>4 Egg Patty Sliced Turkey Breast</p> <p>雞蛋餅 火雞胸肉片</p>	<p>5 Pinto Beans Tropical Fruit</p> <p>斑豆 熱帶水果</p>	<p>6 Turkey Sausage Patties Broccoli</p> <p>火雞香腸餡餅 西蘭花</p>	<p>7 Beef Hash Lima Beans</p> <p>牛肉哈希 利馬豆</p>
<p>8 Refried Beans Tropical Fruit</p> <p>豆泥 熱帶水果</p>	<p>9 Sliced Turkey Breast Glazed Carrots</p> <p>火雞胸肉片 釉面胡蘿蔔</p>	<p>10 Scrambled Eggs Oatmeal</p> <p>炒雞蛋 麥片</p>	<p>11 Hard Boiled Eggs Multi-Grain Bread</p> <p>白煮蛋 雜糧麵包</p>	<p>12 Turkey Ham Cubed Sweet Potatoes</p> <p>火雞火腿 立方紅薯</p>	<p>13 Black Beans Mixed Vegetables</p> <p>黑豆 混合蔬菜</p>	<p>14 Egg Patty Turkey Sausage Patty</p> <p>雞蛋餅 火雞香腸肉餅</p>
<p>15 Hard Boiled Eggs Whole Wheat Bread</p> <p>白煮蛋 全麥麵包</p>	<p>16 Beef and Turkey Hash Broccoli</p> <p>牛肉火雞雜燴 西蘭花</p>	<p>17 Turkey Sausage Patty Egg Patty</p> <p>火雞香腸肉餅 雞蛋餅</p>	<p>18 Cheese Omelet Whole Wheat Bread</p> <p>起司煎蛋捲 全麥麵包</p>	<p>19 Hard Boiled Eggs Green Bean Salad</p> <p>白煮蛋 綠豆沙拉</p>	<p>20 Black Beans Cut Yams</p> <p>黑豆 切山藥</p>	<p>21 Scrambled Eggs Fruit Cocktail</p> <p>炒雞蛋 水果雞尾酒</p>
<p>22 Sliced Turkey Breast Broccoli</p> <p>火雞胸肉片 西蘭花</p>	<p>23 Scrambled Eggs Black Beans</p> <p>炒雞蛋 黑豆</p>	<p>24 Turkey Sausage Patty Egg Patty</p> <p>火雞香腸肉餅 雞蛋餅</p>	<p>25 Hard Boiled Eggs Oatmeal</p> <p>白煮蛋 麥片</p>	<p>26 Pinto Beans Fresh Orange</p> <p>斑豆 鮮橙</p>	<p>27 Egg Patty Sliced Turkey Breast</p> <p>雞蛋餅 火雞胸肉片</p>	<p>28 Hard Boiled Eggs Beet Salad</p> <p>白煮蛋 甜菜沙拉</p>
<p>29 Egg Patty Sliced Turkey Breast</p> <p>雞蛋餅 火雞胸肉片</p>	<p>30 Turkey Sausage Patties Whole Grain Pancakes</p> <p>火雞香腸餡餅 全麥煎餅</p>	<p>31 Hard Boiled Eggs Whole Wheat Bread</p> <p>白煮蛋 全麥麵包</p>				

"這個項目得到了聖地亞哥縣健康與人類服務機構、老齡化與獨立服務機構的《美國老年人法案》基金的支持。"

建議供款為每餐 1.00 美元 - 任何符合條件的人不得因未能或無法供款而被拒絕用餐。

請注意：這些食物可能含有以下過敏原：花生、樹堅果、海鮮、貝類、大豆、雞蛋、牛奶、小麥

