

Rice Plate

碟飯

1. Broccoli over Rice (choice of Beef or Chicken)
西蘭花飯, 配牛肉 或 雞肉
2. Braised Tofu over Rice
(choice of Chicken, or Pork, or Beef)
紅燒豆腐飯, 配雞肉, 或 豬肉, 或 牛肉
3. Creamy Sauce with Pork Chop & Corn
over Rice or Spaghetti
粟米白汁豬扒, 配飯或意大利粉

Noodle Soup or Macaroni

(w/Seasonal Vegetables)

湯麵或通粉 (配時菜)

4. Wonton Soup
雲吞湯, 配通粉或湯麵
5. Fish Balls & Fish Fillet Soup
魚丸和魚片湯, 配通粉或湯麵
6. Pork Chop
豬扒湯, 配通粉或湯麵

Fried Rice or Chow Mein

(w/Seasonal Vegetables)

炒飯或炒麵 (配時菜)

7. Pineapple and Chicken Fried Rice
菠蘿雞絲炒飯
8. BBQ pork
叉燒, 配炒飯或炒麵

*Program partially funded by Department of Aging and Adult Services
*服務經費部分由三藩市耆英及殘障人士服務局贊助

S & E Café
東南風美味屋

Mon, Wed, Thur, Fri
星期一, 三, 四, 五
11:00am-10:00pm

Western Specialties

西式精選

9. Bake Fish Fillet w/Seasonal Vegetables

焗魚柳 (配時菜)

A. choice of Rice or Spaghetti

A. 配飯 或 意大利粉

B. choice of Sauce (Creamy or Tomato)

B. 配白汁 或 蕃茄汁

10. Spaghetti & Meat Sauce w/Seasonal Vegetables

肉醬意粉, 配時菜

11. Bake Fish Fillet w/ Spinach

(choice of Rice or Spaghetti)

焗菠菜魚柳, 配飯 或 意大利粉

12. Turkey Ham Salad served with Whole Wheat Bread

(**Vegetarian Option:** Substitute Turkey Ham with 2 Hard-boiled Eggs)

火腿火雞沙律配全麥麵包

(**素食選擇:** 可選擇用蛋代替火腿火雞)

All meals served with choice of dessert and drink below:

所有餐贈送以下: **甜品和飲品**

A. Dessert: choice of Seasonal Fruit or Jello

甜品: 時令水果半杯 或 啫喱

B. Drink: 8 oz Milk or Orange Juice (fortified w/ Calcium and Vitamin D)

飲品: 牛奶 或 橙汁(加鈣和維生素D)

For more information about CHAMPSS,
visit us at www.sfchampss.org.



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