

# MENU



## Henry's Hunan 湖南小喫



營業  
時間

SERVICE HOURS  
CLOSED TUE & SUN

MONDAY, WEDNESDAY, THURSDAY, FRIDAY & SATURDAY 11:00 AM – 6:00 PM  
星期一至六 上午 11 時 至 下午 6 時 • 逢星期二、日休息

### 1. Create Your Own Hunan Style 自選湖南餐

1.  
CHOOSE YOUR  
MAIN COURSE  
選擇主菜

- Shredded Beef 牛肉
- Chicken 雞肉
- Shredded Pork 豬肉
- Tofu 豆腐



2.  
CHOOSE YOUR  
VEGETABLES  
選擇蔬菜

- Bell Peppers 綠椒  
& Bamboo Shoots 竹筍
- Bak Choy 白菜
- String Beans 四季豆
- Broccoli 西蘭花
- Green Onions 蔥  
& Carrots 紅蘿蔔
- Mixed Vegetables 雜菜



3.  
CHOOSE YOUR  
STARCH  
選擇澱粉類

- White Rice 白飯
- Brown Rice 糙米飯
- Noodles 麵條



4.  
CHOOSE YOUR  
SPICINESS  
選擇麻辣

- No Spicy 不辣
- Mild Spicy 小辣
- Medium Spicy 中辣

### Rice Plates 碟飯

Each dish serves with vegetables and choice of **White or Brown Rice**  
每道菜餚均配有蔬菜以及白飯或糙米飯

2. **Mongolian Chicken or Beef**  
with bell pepper, carrots, green  
and white onions

#### 蒙古雞或牛

配綠椒, 紅蘿蔔, 大蔥及洋蔥

3. **Kung Pao Chicken  
or Shredded Pork**

with bell pepper, carrots,  
bamboo shoots, and onions

#### 宮保雞或豬肉

配綠椒, 紅蘿蔔, 竹筍及洋蔥

4. **Mapo Tofu**

with green peas, onion and carrots

**Choice of spiciness: mild or medium**

麻婆豆腐 配青豆, 洋蔥及紅蘿蔔

可選辣度: 少辣或中辣

Contact / 聯繫 / Contacto



(415) 677 7601  
sfchampss.org



The program is administered by Self-Help for the Elderly-Nutrition Department and partially funded by the Department of Aging and Adult Services.

此計劃由安老自助處營養部門管理及部分服務經費由三藩市長者及殘障人士服務局提供。

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**5. Stir-fried Velvet Chicken with Spicy Sauce in Hunan Style**

with black fungus, mushroom, string beans and carrots

**Choice of spiciness: mild or medium**

**湖南炒雞**

配黑木耳, 蘑菇, 四季豆及紅蘿蔔

可選辣度: 少辣 或 中辣

**Vegetarian 素食**

**6. Braised Soft Tofu with vegetables over White Rice or Brown Rice or Noodles**

with choice of bak choy, string beans, broccoli or mixed vegetables

**紅燒豆腐配白飯 或 糙米飯 或 麵條**

可選白菜, 四季豆, 西蘭花 或 雜菜

**7. Asian Tofu Salad**

mixed with cucumber, lettuce, shining noodles, and tofu

**豆腐沙律**

配黃瓜, 生菜, 麵條及豆腐

**Noodles 麵類**

**8. Noodles with Pork Meat Sauce, Carrots & Cabbage**

**炸醬麵** 配紅蘿蔔, 椰菜及豬肉

**9. Cold Noodles**

with chicken, lettuce, and cucumber in peanut sauce

**涼麵** 配雞肉, 生菜, 黃瓜 花生醬

**10. Wonton Noodles Soup**

with choice of bak choy, spinach or mixed vegetables

**雲吞湯麵** 可選白菜, 菠菜 或 雜菜

**All meals served with DESSERT and CHOICE OF DRINK below:  
所有套餐配送以下甜品及飲品**

**A. Dessert 甜品**

**Seasonal Fruit**

時令水果



**B. Drink 飲品**

(Calcium and Vitamin D fortified  
加鈣及維生素D)

**8 Oz Low Fat Milk Or Orange Juice**

低脂牛奶 或 橙汁

\*\*\* Our menu meets 1/3 dietary reference intakes for all target nutrients except Vitamin D. The SHE dietitian will provide nutrition education handout about how to ensure you are meeting your daily Vitamin D needs. For more information, please visit <https://www.sfchampss.org>

\*\*\*此餐單達到除維生素D以外所有目標膳食參考攝入量三分之一的建議。安老自助處的註冊營養師會就如何達到維生素D的每日建議攝取量提供健康資訊。詳情請瀏覽: <https://www.sfchampss.org>

