

MENU



S & E Café 東南風美味屋



營業時間

SERVICE HOURS
CLOSED TUE & SUN

MONDAY — FRIDAY 11:00 AM — 10:00 PM • SATURDAY 11:00 AM — 6:00 PM
星期一至五 上午 11 時 至下午 10 時 • 星期六 上午 11 時 至下午 6 時 • 逢星期二 及日休息

Rice Plate 飯類

with Seasonal Vegetables
Choice of Brown or White Rice
配時菜 / 可選擇：白飯 或 糙米飯

- 1. Diced Tomatoes over Rice (Choice of Beef or Chicken)**
蕃茄粒牛肉 或 雞片
- 2. Silken Tofu over Rice (Choice of Beef or Chicken)**
滑豆腐牛肉 或 雞片
- 3. Diced Pork & Corn over Rice**
粟米肉粒
- 4. Tomatoes Stir-fry with Eggs and Tofu**
蕃茄豆腐炒蛋

Noodle Soup 麵類

with Seasonal Vegetables
Choice of Macaroni or Noodle
or Flat Rice Noodle
配時菜 可選擇：通粉 或 麵 或 湯河粉

- 5. Wonton Soup**
雲吞湯
- 6. Fish Balls & Fish Fillet Soup**
魚片魚蛋湯
- 7. Pork Chop**
豬排湯
- 8. Mushroom and Meat Dumpling**
野菌丸子

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。

El programa es administrado por el Departamento de Nutrición de Self-Help for the Elderly y financiado parcialmente por el Departamento de Servicios para Adultos y Personas de la Tercera Edad

Fried Rice / Chow Mein 炒飯/麵

with Seasonal Vegetables 配時菜

9. Pineapple and Chicken Fried Rice

菠蘿雞絲炒飯

10. BBQ Pork Fried Rice or Chow Mein

叉燒配炒飯 或炒麵

Western Specialties 西式精選

Baked Rice or Spaghetti with seasonal vegetables 芝士焗飯 或意粉 配時菜

11. Baked Fish Fillet with Spinach

焗菠菜魚柳

12. Baked Fish Fillet with Tomatoes

蕃茄粒魚柳

13. Meat Sauce with Seasonal Vegetables

時菜肉醬

14. Shredded Chicken & Ham with Choice of Creamy or Tomato Sauce

焗火腿雞絲配白汁 或茄汁

Salads 沙律

15. Turkey Ham Salad with Whole Wheat Bread

火雞火腿芝士沙律 配全麥麵包

Or 或

Vegetarian Choice 素食選擇 substitute turkey ham with two hard-boiled eggs

以雞蛋 代替火雞火腿

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

Fruit Jello Delight
水果啫喱



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>

