

MENU



Green Bamboo 越南美食



營業時間

SERVICE HOURS
CLOSED MON

TUESDAY — SUNDAY
星期二至星期日

11:00 AM — 10:00 PM

上午 11 時 至 下午 10 時

逢星期一休息

Salads 沙律

contain cilantro, carrots, and peanuts. All salad serve with one serving of bread/roll.

含有芫茜, 紅蘿蔔及花生。所有沙律配麵包一份。

1. Cabbage Salad with choice of Chicken/ Beef/ Tofu/ Eggs

椰菜沙律 配

可選: 雞肉 / 牛肉 / 豆腐 / 雞蛋

2. Papaya Salad with choice of Chicken/ Beef/ Tofu/ Eggs

木瓜沙律 配

可選: 雞肉 / 牛肉 / 豆腐 / 雞蛋

Congee 粥

serves with seasonal vegetables 配時菜

3. Beef Congee

生滾牛肉粥

4. Century Egg & Pork Congee

皮蛋瘦肉粥

5. Chicken Congee

黃毛雞粥

6. Sliced Pork Congee

生滾肉片粥

7. Sliced Fish Congee

生滾魚片粥

Sandwich 越式三文治

Pate excluded 不含豬肝醬

serves with chicken broth 配雞湯

8. Five Spice Chicken Sandwich

五香雞麵包

9. Grilled Pork Sandwich

燒豬肉麵包

10. Egg Sandwich

雞蛋麵包

Noodle Soup 湯粉麵類

serves with bean sprouts and seasonal vegetables. Choice of flat rice noodles or thin noodles.

所有麵配有芽菜及時菜。可選擇米線或幼麵。

11. Five Spice Chicken Noodle Soup

五香雞湯河

12. Free Range Chicken Noodle Soup

黃毛雞湯河

13. Combo Meat Balls Noodle Soup (beef, fish, & pork balls)

三色肉丸湯河(牛, 魚, 和豬)

14. Sole Fish Fillet Noodle Soup

魚片湯河

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

Version 08/2019

15. Beef & Beef Balls Noodle Soup

牛肉牛丸湯河

**16. Wonton Noodle Soup
(contains pork and shrimp)**

雲吞麵

Cold Vermicelli 越式乾撈凍檬

serves with lettuce, carrots and peanuts
所有檬粉配有生菜, 紅蘿蔔及花生

17. Grilled Pork Vermicelli

燒豬肉檬粉

18. Grilled Beef Vermicelli

燒牛肉檬粉

19. Chicken Vermicelli

五香雞檬粉

Rice Plate 碟飯

serves with seasonal vegetables.
Choice of white or brown rice
可選白飯 或 糙米飯, 配時菜

20. Five Spice Chicken Rice Plate

五香雞飯

21. Free Range Chicken Rice Plate

黃毛雞飯

22. Grilled Pork Rice Plate

燒豬肉飯

23. Grilled Pork Fried Rice

燒豬肉炒飯

24. Grilled Beef Rice Plate

燒牛肉飯

25. Sauteed Lemon Grass Chicken

香茅雞飯

26. Fillet of Sole Fish

什菜魚肉飯

27. Sauteed Vegetables with Pork

時菜肉片飯

**28. Sauteed Vegetable
and Tomatoes with Tofu**

時菜蕃茄豆腐飯

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

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>

