



WEDNESDAY – SUNDAY 11:00 AM - 8:00 PM

星期三至星期日 上午 11 時 至 下午 8 時

CLOSED : MONDAY & TUESDAY

逢星期一及二休息

# Henry's Hunan 湖南小喫

☎ 415-585-8838



## 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

**蒙古雞或牛肉**

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. 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**

Program Contact / 聯絡 / Contacto



(415) 677 7601

[sfchampss.org](http://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

配黑木耳, 磨菇, 四季豆及紅蘿蔔

可選辣度: 少辣 或 中辣

5. **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

## Vegetarian 素食

6. **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

7. **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

## 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/SEASONAL FRUIT and CHOICE OF DRINK below:**

所有套餐配送以下甜品或時令水果及飲品:

### A. Dessert 甜品

Orange  
Or Seasonal Fruit

橙 或 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的每日建議攝入量提供健康資訊。詳情請瀏覽: <https://www.sfchampss.org>

