



TUESDAY - SUNDAY 11:00 AM - 8:00 PM
星期二至星期日 上午11時至下午8時

CLOSED : MONDAY
逢星期一休息

PhoSure 亞州美食

☎ 415-564-8818

Congee 粥

All congee served with seasonal vegetables 配時菜

- 1. Beef Congee**
生滾牛肉粥
- 2. Century Egg & Pork Congee**
皮蛋瘦肉粥
- 3. Chicken Congee**
黃毛雞粥
- 4. Sliced Pork Congee**
生滾肉片粥
- 5. Sliced Fish Congee**
生滾魚片粥

Sandwich (Pate excluded) 越式三文治 不含豬肝醬

All sandwiches served with chicken broth 配雞湯

- 6. Five Spice Chicken Sandwich**
五香雞麵包
- 7. Grilled Pork Sandwich**
燒豬肉麵包
- 8. BBQ Pork Sandwich**
叉燒越南包

9. BBQ Beef Sandwich

燒牛肉越南包

10. Pork Pate Sandwich

扎肉越南包

11. Tofu Sandwich

豆腐越南包

Noodle Soup 湯粉麵類

Choice of flat rice noodles or thin noodles. 可配米線, 粗或幼麵

All noodle soup served with bean sprouts and seasonal vegetables

所有麵配有芽菜及時菜。

12. Five Spice Chicken Noodle Soup

五香雞湯河

13. Free Range Chicken Noodle Soup

黃毛雞湯河

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

三色肉丸湯河(牛, 豬, 和魚)

15. Sole Fish Fillet Noodle Soup

魚片湯河

Program 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

16. Sliced Pork Noodle Soup

肉片湯河

17. Beef & Beef Balls Noodle Soup

牛肉牛丸湯河

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

雲吞麵

Cold Vermicelli 越式乾撈凍檬

All vermicellis served with lettuce,
carrots and peanuts

所有檬粉配有生菜, 薄荷葉, 洋蔥, 蘿蔔及花生。

19. Grilled Pork Vermicelli

燒豬肉檬粉

20. Grilled Beef Vermicelli

燒牛肉檬粉

21. Chicken Vermicelli

五香雞檬粉

Rice Plate 碟飯

Choice of white or brown rice.

可選白飯或糙米飯, 配時菜

All rice served with seasonal vegetables.

22. Five Spice Chicken Rice Plate

五香雞飯

23. Five Spice Chicken Fried Rice

五香雞炒飯

24. Grilled Pork Fried Rice

燒豬肉炒飯

25. Free Range Chicken Rice Plate

黃毛雞飯

26. Grilled Pork Rice Plate

燒豬肉飯

27. Grilled Beef Rice Plate

燒牛肉飯

28. Sauteed Lemon Grass Chicken

香茅雞飯

29. Fillet of Sole Fish

什菜魚肉飯

30. Sauteed Vegetables with Pork

時菜肉片飯

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

時菜蕃茄豆腐飯

All meals served with **SEASONAL FRUIT SLICES** 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

Seasonal Fruit Slices

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>

