



WEDNESDAY — MONDAY 11:00 AM – 8:00 PM

星期三至星期一 上午 11 時 至 下午 8 時

CLOSED : TUESDAY

逢星期二休息

S & E Café 東南風美味屋

☎ 415-665-7868



Rice Plate 飯類

Choice of **Brown or White Rice** with Seasonal Vegetables

可選擇：白飯或糙米飯 配時菜

- 1. Teriyaki Chicken over Rice**
日式雞排飯
- 2. Minced Beef over Rice**
免治牛肉飯
- 3. Diced Pork & Corn over Rice**
粟米肉粒
- 4. Silken Tofu with Fish Fillet**
滑豆腐魚片飯

Fried Rice 炒飯

with Seasonal Vegetables 配時菜

- 5. Pineapple and Chicken Fried Rice**
菠蘿雞絲炒飯
- 6. Bitter Melon with Minced Beef**
涼瓜牛鬆飯
- 7. BBQ Pork Fried Rice**
叉燒炒飯

Fried Noodle 炒麵

with Seasonal Vegetables 配時菜

- 8. Shredded Pork or Chicken Chow Mein**
肉絲炒麵 可選豬肉或雞肉
- 9. BBQ Pork Fried Rice**
叉燒炒麵

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

Baked Rice or Spaghetti

焗飯或意粉

with Seasonal Vegetables 配時菜

10. **Baked Fish Fillet with Spinach**
焗菠菜魚柳
11. **Baked Fish Fillet with Tomatoes**
蕃茄粒魚柳
12. **Spaghetti in Meat Sauce**
肉醬意粉
13. **Shredded Chicken and Ham with Creamy Sauce**
焗火腿雞絲配白汁

Salads 沙律

14. **Mixed Vegetables and Fruit with Hard-Boiled Egg and Whole Wheat Bread**
雜菜水果沙律配雞蛋及全麥麵包

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>

