



SERVICE  
HOURS  
營業時間

FROM MONDAY TO SUNDAY • 11:00 AM - 8:00 PM

星期一至星期日 上午十一時至下午八時

CLOSED  
HOURS  
休業時間

TUESDAY

星期二

## Rice Plate 飯類

(Choice of Brown or White Rice)  
with Seasonal Vegetables  
配時菜 / 可選擇：白飯或糙米飯

- 1. Braised Tofu over Rice**  
紅燒豆腐飯
- 2. Chicken Stir Fry over Rice**  
西芹炒雞球飯
- 3. Beef and Broccoli Stir Fry over Rice**  
西蘭花牛肉飯

**Fried Rice 炒飯** 配時菜  
with Seasonal Vegetables

- 4. Pineapple and Chicken Fried Rice**  
菠蘿雞絲炒飯

- 5. House Special Fried Rice**  
揚州炒飯

**Fried Noodle 炒麵** 配時菜  
with Seasonal Vegetables

- 6. Shredded Pork with Chicken Chow Mein**  
肉絲炒麵
- 7. Beef w/ Bok Choy**  
白菜牛肉炒麵

**Baked Rice or Spaghetti**  
with seasonal vegetables  
**焗飯或意粉配時菜**

- 8. Baked Fish Fillet with Spinach**  
焗菠菜魚柳

Contact / 聯繫 / Contacto



(415) 677 7601  
sfchampss.org



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services



Self-Help for  
the Elderly  
安老自助處



The program is administered by Self-Help for the Elderly – Nutrition Department and partially funded by the Department of Disability and Aging 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殘障人士及長者服務部提供。| El programa es administrado por el Departamento de Nutrición de Self-Help for the Elderly y parcialmente financiado por el Departamento de Servicios de Discapacidad y Envejecimiento.

**9. Baked Pork Chop in  
Tomato Sauce**  
豬扒配茄汁

**10. Shredded Chicken and Ham  
with Creamy Sauce**  
焗火腿雞絲配白汁

**Salads 沙律**

**11. Ham Salad with Whole Wheat  
Bread**  
火腿沙律配全麥麵包

**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>

