



**SERVICE
HOURS**
營業時間

FROM MONDAY TO SUNDAY - 10:00 AM - 8:00 PM

星期一至星期日 上午十時至下午八時

Porridge/ Rice/ Noodles Soup

with Seasonal Vegetables

粥 / 湯粉 / 麵 配時菜

1. **Chicken Pumpkin Porridge**
南瓜雞絲粥
2. **Shredded Pork w/ Preserved Vegetables Rice Noodle Soup**
雪菜肉絲湯米
3. **Shredded Pork with Bean Sprout Chow Mein**
肉絲豆芽炒麵
4. **Beef Brisket Noodle Soup**
牛腩湯麵
5. **Beef Brisket Guilin Rice Noodle Soup**
牛腩桂林米粉

Rice Plate 飯類

Choice of Brown Rice or White Rice
with Seasonal Vegetables

配時菜 (白飯或糙米飯)

6. **Steam Chicken w/ Black Mushroom & Fungus over Rice**
冬菇木耳蒸滑雞飯
7. **Bitter Melon w/ Pork Spareribs or Beef in Black Bean Sauce over Rice**
豉汁涼瓜排骨 / 牛肉飯
8. **Braised Tofu w/ Fish Fillet over Rice**
紅燒豆腐魚片飯
9. **Chicken w/ Green Bean in Black Bean Sauce over Rice**
豉汁四季豆雞片飯

Contact / 聯繫 / Contacto



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sfchampss.org



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services



Self-Help for
the Elderly
安老自助處



美味營養餐
CHAMPSS
Choosing Healthy Appetizing Meal
Plan Solution for Seniors

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.

**10. Shredded Chicken with Egg
Plant in Satay Sauce over Rice**

沙爹雞茄子飯

Baked Rice or Spaghetti

焗飯或意粉 配時菜

with Seasonal Vegetables

**11. Shredded Pork with Chicken
Chow Mein**

焗豬扒飯

12. Spaghetti in Meat Sauce

焗肉醬意粉

**13. Baked Fish Fillet in Creamy
Corn Sauce over Rice**

粟米魚柳焗飯

**14. Baked Chicken in Portuguese
Sauce**

焗葡國雞飯

**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>

