



TEL: 415-564-8818

SERVICE HOURS
營業時間

FROM TUESDAY TO SUNDAY ▪ 11:00 AM - 8:00 PM

星期二至星期日 上午十一時至下午八時

CLOSED HOURS
休業時間

MONDAY

星期一

Congee 粥 配時菜

serves with seasonal vegetables

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 越式三文治

Pate excluded 不含豬肝醬

serves 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 Beef Sandwich**
燒牛肉越南包

Noodle Soup 湯粉麵類

serves with bean sprouts and seasonal vegetables. Choice of flat rice noodles or thin noodles.

配有芽菜及時菜。可選擇米線, 粗或幼麵。

9. **Five Spice Chicken Noodle Soup**
五香雞湯河
10. **Free Range Chicken Noodle Soup**
黃毛雞湯河
11. **Combo Meat Balls Noodle Soup (beef, fish, & pork balls)**
三色肉丸湯河(牛, 豬, 魚)
12. **Sole Fish Fillet Noodle Soup**
魚片湯河
13. **Sliced Pork Noodle Soup**
肉片湯河
14. **Beef & Beef Balls Noodle Soup**
牛肉牛丸湯河

Cold Vermicelli 越式乾撈凍檬

All vermicelli serves with bean sprouts, lettuce, mint, onions, carrots & peanuts
所有檬粉配有生菜, 薄荷葉, 洋蔥, 蘿蔔及花生

15. **Grilled Pork Vermicelli**
燒豬肉檬粉

Contact / 聯繫 / Contacto



(415) 677 7601
sfchampss.org



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services



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.

16. Grilled Beef Vermicelli

燒牛肉檬粉

17. Chicken Vermicelli

五香雞檬粉

Rice Plate 碟飯

serves with seasonal vegetables.

Choice of white or brown rice

可選白飯 或 糙米飯，配時菜

18. Chef Fried Rice

潮州炒飯

19. Spiced Chicken Fried Rice

五香雞飯

20. Free Range Chicken Rice Plate

黃毛雞飯

21. Grilled Pork Rice Plate

燒豬肉飯

22. Grilled Beef Rice Plate

燒牛肉飯

23. Sauteed Lemon Grass Chicken

香茅雞飯

24. Fillet of Sole Fish

什菜魚肉飯

25. Sauteed Vegetables with Pork

什菜肉片飯

26. Sauteed Vegetable and Tomatoes with Tofu

什菜蕃茄豆腐飯

**All meals served with DESSERT and CHOICE OF DRINK below:
所有套餐配送以下甜品及飲料**

A. Dessert 甜品

Seasonal Fruit

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>

