Porridge/ Rice Noodles/ Noodles 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 Plates 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
10. Shredded Chicken with Egg Plant in Satay Sauce over Rice
沙爹鶏茄子飯

Baked Rice or Spaghetti
焗飯或意粉 配時菜
with Seasonal Vegetables

11. Baked Pork Chop over Rice
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
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