



TEL: 415-665-7868

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 Plates 飯類

Rice plates are served with brown rice, please indicate if you would like to substitute white rice

飯盤配有糙米飯，請註明是否要替換白米飯。

1. **Fish Filet with Corn and Bok Choy over Rice**
粟米白菜魚片飯
2. **Minced Beef and Bok Choy over Rice**
免治牛肉白菜飯
3. **Braised Tofu with Mushroom and Carrot over Rice**
紅燒蘑菇蘿蔔豆腐飯
4. **Silken Tofu with Pork and Bok Choy over Rice**
滑豆腐豬肉白菜飯
5. **Chicken Stir Fry with Celery over Rice**
西芹炒雞球飯
6. **Chicken and Bitter Melon Stir Fry over Rice**
涼瓜雞球飯

Fried Rice 炒飯

Fried rice is served with brown rice, please indicate if you would like to substitute white rice

炒飯使用糙米飯，請註明是否要替換白米飯。

7. **Pineapple and Chicken Fried Rice with Mixed Vegetables**
菠蘿雞絲雜菜炒飯
8. **Yang Zhou Fried Rice with Cabbage**
揚州白菜炒飯

Fried Noodles 炒麵

9. **Shredded Pork Chow Mein with Lettuce**
生菜肉絲炒麵
10. **Shredded Chicken Chow Mein with Bok Choy**
雞絲白菜炒麵

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.

Version 08/2023

Baked Rice or Spaghetti **焗飯或意粉**

Baked rice is served with brown rice, please indicate if you would like to substitute white rice

焗飯使用糙米飯, 請註明是否要替換白米飯。

11. Baked Fish Fillet with Spinach

白汁焗菠菜魚柳

12. Spaghetti in Meat Sauce with Broccoli and Carrot

肉醬意粉配西蘭花蘿蔔

13. Shredded Chicken and Ham in Creamy Sauce with Broccoli and Carrot

奶油汁焗火腿雞絲配西蘭花蘿蔔

14. Baked Pork Chop with Diced Tomato

蕃茄粒豬扒

15. Beef Ball in Tomato Sauce with Broccoli and Carrot

焗茄汁牛肉丸配西蘭花蘿蔔

Noodle Soup 湯麵/粉 **(可選擇河粉或麵)**

Served with seasonal vegetables
搭配時令蔬菜

16. Wonton Noodle Soup

雲吞麵

17. Shredded Chicken Wonton Noodle Soup

鷄絲雲吞河粉

18. Fish Ball & Fish Fillet Noodle Soup

魚蛋魚片河粉

19. Bok Choy Dumpling

白菜水餃

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

A. Dessert 甜品

Seasonal Fruit
時令水果



B. Drink 飲品

8 Oz Low Fat Milk
8安士低脂牛奶

Our menu meets 1/3 dietary reference intakes for all target nutrients except Whole Grains and Vitamin D. The SHE dietitian will provide nutrition education handout about how to ensure you are meeting your daily Whole Grains and Vitamin D needs. For more information, please visit <https://www.sfchampss.org>

此餐單達到除全穀類和維生素D以外所有目標膳食參考攝入量三分之一的建議。安老自助處的營養師會就如何達到全穀類和維生素D的每日建議攝取量提供健康資訊。詳情請瀏覽美味營養餐的網站: <https://www.sfchampss.org>