



TEL: 415-564-8818

**SERVICE HOURS**  
營業時間

FROM TUESDAY TO SUNDAY • 11:00 AM - 9:00 PM

星期二至星期日 上午十一時至下午九時

**CLOSED HOURS**  
休業時間

**MONDAY**  
星期一

## Shantou Steamed Rice Roll

Served with seasonal vegetables

汕頭腸粉 搭配時令蔬菜

### 1. Shantou Steamed Rice Roll with Shrimp & Pork

鮮蝦豬肉腸粉

### 2. Shantou Steamed Rice Roll with beef

牛肉腸粉

## Rice Plate 碟飯

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

飯盤配有糙米和時令蔬菜, 請註明是否要替換白米飯。

### A Chao Zhou Fried Rice

潮州炒飯

### B Free Range Chicken Rice Plate

白切黃毛雞飯

### C Chicken and Ginger Stir Fry over Rice (\*served with peanut)

薑絲炒雞配飯 (\*有花生)

### D Duck and Ginger Stir Fry over Rice (\*served with peanut)

薑絲炒鴨配飯 (\*有花生)

### E Slice Pork over Rice

肉片飯

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.

## Noodle Soup 湯河

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

所有麵配有芽菜或時令蔬菜, 可選擇米線或幼麵

**A Free Range Chicken Noodle Soup**  
黃毛雞湯河

**B Beef & Beef Ball Noodle Soup**  
牛肉牛丸湯河

**C Combo Meat Balls Noodle Soup (beef, pork & fish balls)**  
三色肉丸湯河 (牛, 豬, 魚)

**D Sliced Pork Noodle Soup**  
肉片湯河

**E Mixed Meat Noodle Soup (beef ball, pork ball, fish ball & pork)**  
雜錦湯河 (牛丸, 豬肉丸, 魚丸, 豬肉)

## Congee 粥

All congee serves with cabbage 配包心菜

**A Shantou Chicken Congee**  
汕頭雞粥

**B Shantou Duck Congee**  
汕頭鴨粥

**C Shantou Century Egg & Pork Congee**  
汕頭皮蛋瘦肉粥

**All meals served with DESSERT and 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

**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>