



HOURS FOR DINE-IN
僅限堂食時間
MONDAY - SUNDAY ▪ 2 PM - 6 PM
星期一至星期日下午二時至下午六時

SERVICE HOURS
營業時間
MONDAY - SUNDAY ▪ 10 AM - 8 PM
星期一至星期日上午十時至下午八時

Porridge/ Rice Noodles/ Noodles

Served with seasonal vegetables

粥／湯粉／麵 搭配時令蔬菜

- 1. Chicken Pumpkin Porridge**
南瓜雞絲粥
- 2. Shredded Pork with 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

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

飯盤配有糙米, 請註明是否要替換白米飯

- 6. Twice-Cooked Pork and Cabbage over Rice**
回鍋肉白菜飯
- 7. Bitter Melon with Pork Spareribs or Beef in Black Bean Sauce over Rice**
豉汁涼瓜排骨 / 牛肉飯
- 8. Braised Tofu with Fish Fillet and Mixed Vegetables over Rice**
紅燒魚片什錦豆腐飯
- 9. Chicken with Green Bean in Black Bean Sauce over Rice**
豉汁四季豆雞片飯

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.

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

沙爹雞茄子飯

**11. Preserved Tofu with Mixed
Vegetables over Rice**

豆乾雜菜飯

Baked Rice or Spaghetti

Served with broccoil

焗飯或意粉 搭配西蘭花

12. Baked Pork Chop over Rice

焗豬扒飯

13. Spaghetti in Meat Sauce

焗肉醬意粉

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

粟米魚柳焗飯

**15. Baked Chicken in Portuguese
Sauce**

焗葡國雞飯

**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>