

# FEBRUARY 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<p>1 Oven Fried Chicken Dirty Brown Rice</p> <p>烤箱炸雞 臘糙米</p>	<p>2 Groundhog Day Turkey Breast w/ Cranberry Orange Sauce</p> <p>火雞胸肉 蔓越莓橙醬</p>	<p>3 Hungarian Pork Buttered Rice</p> <p>匈牙利豬肉 奶油米飯</p> <p>SUPER BOWL</p>
<p>4 Meatloaf Whipped Potatoes</p> <p>肉餅 土豆泥</p>	<p>5 中國新年 Whole Grain Crusted Fish Confetti Brown Rice</p> <p>新年快樂 全穀物結茄魚 五彩紙屑糙米</p>	<p>6 Oven Fried Chicken Tater Tot Casserole</p> <p>烤箱炸雞 薯球砂鍋</p>	<p>7 Corn Chowder Turkey Breast</p> <p>玉米海鮮湯 火雞胸肉</p>	<p>8 BBQ Pork Rib Patty Pinto Beans</p> <p>燒烤豬排帕蒂 斑豆</p>	<p>9 Beef Strip Steak Roasted Potato Medley</p> <p>牛肉條牛排 烤土豆混合</p>	<p>10 Turkey Ham &amp; Pinto Beans</p> <p>火雞火腿 &amp; 斑豆</p>
<p>11 Beef Taco Cilantro Lime Rice</p> <p>牛肉Taco 香菜石灰米</p>	<p>12 Oven Fried Chicken Scalloped Potatoes</p> <p>烤箱炸雞 加調料烤土豆</p>	<p>13 Chef Salad Saltine Crackers</p> <p>主廚沙拉 撒鹽餅乾</p>	<p>14 情人節 Pork Stir Fry Brown Rice</p> <p>豬肉攪拌炒 糙米</p>	<p>15 Sloppy Joe Oven Roasted Potatoes</p> <p>邇邇香 烤箱烤土豆</p>	<p>16 Turkey Ham, Broccoli, &amp; Brown Rice Bake</p> <p>火雞火腿, 西蘭花, 和糙米烘烤</p>	<p>17 Beef Italiano Patty Whole Grain Penne</p> <p>牛肉意大利帕蒂 全穀物通心粉</p>
<p>18 總統日 Whole Grain Crusted Fish Macaroni &amp; Cheese</p> <p>全穀物結茄魚 通心粉和奶酪</p>	<p>19 Turkey Sausage &amp; Red Beans</p> <p>火雞香腸 &amp; 紅豆</p>	<p>20 Minestrone Soup Chicken Salad</p> <p>蔬菜濃湯 雞肉沙拉</p>	<p>21 Oven Fried Chicken Whipped Potatoes</p> <p>烤箱炸雞 土豆泥</p>	<p>22 Turkey Spaghetti Sauce Whole Grain Spaghetti</p> <p>火雞意大利麵醬 全穀物意粉</p>	<p>23 Salisbury Steak Whipped Potatoes</p> <p>索爾茲伯里牛排 土豆泥</p>	<p>24 Honey Baked Chicken Mashed Spiced Yams</p> <p>蜂蜜烤雞 碎五香山藥</p>
<p>25 Country Fried Steak Whipped Potatoes</p> <p>鄉村炒牛排 土豆泥</p>	<p>26 Oven Fried Chicken Cheesy Penne</p> <p>烤箱炸雞 起司通心粉</p>	<p>27 Garden Turkey Salad Saltine Crackers</p> <p>花園火雞沙拉 撒鹽餅乾</p>	<p>28 Hamburger Oven Roasted Potatoes</p> <p>漢堡包 烤箱烤土豆</p>			

"这个项目得到了圣地亚哥健康与人类服务机构、老龄化与独立服务机构的美国老年人法案基金的支持。"

建議為老年人捐款：每餐1.00美元，非老年人4.00美元

菜單可能會發生變化

所有人都可以用餐不管捐還是不捐

