



April 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 April Fools Day Grilled Pork w/ Mushroom Delmonico Potatoes 烤豬肉配蘑菇 Delmonico土豆	2 Baked Chicken Cilantro Lime Brown Rice 焗雞 香菜石灰糙米	3 Turkey Club Salad Whole Grain Crackers 土雞沙拉 全麥餅乾	4 Beef Spaghetti Side Salad 牛肉意粉 配菜沙拉	5 Oven Fried Chicken Oven Roasted Potatoes 烤箱炸雞 烤箱烤土豆	6 Tuna Noodle Casserole Lima Beans 金槍魚麵條砂鍋 利馬豆	7 World Health Day Beef Chili w/ Beans Whole Kernel Corn 牛肉辣椒配豆類 全仁玉米	
8 Turkey Ham, Broccoli, & Brown Rice Bake 土鸡火腿·西蘭花 和糙米烘烤	9 Country Fried Steak Twice Whipped Potatoes 炸牛排 Twice 鞭打土豆	10 Corn Chowder Tuna Salad 玉米海鮮湯 金槍魚沙拉	11 Oven Fried Chicken Dirty Brown Rice 烤箱炸雞 臟糙米	12 Grilled Pork Oven Roasted Potatoes 烤豬 烤箱烤土豆	13 Teriyaki Meatballs Brown Rice 照燒肉丸 糙米	14 Garlic Rosemary Chicken Cut Yams 大蒜迷迭香雞 切山藥	
15 Taxes Due! Sausage w/ Onions & Peppers 香腸配 洋蔥和辣椒	16 Oven Fried Chicken Ranch Potatoes 烤箱炸雞 牧場土豆	17 Chef Salad Whole Grain Crackers 主廚沙拉 全麥餅乾	18 Picadillo Beef Mexican Brown Rice Picadillo牛肉 墨西哥糙米	19 Honey Mustard Chicken Cheesy Brown Rice 蜂蜜芥末雞 芝士糙米	20 Meatloaf Whipped Potatoes 肉餅 鞭打土豆	21 Easter Ham w/ Raisin Sauce Scalloped Potatoes 火腿配葡萄乾醬 加調料烤土豆	
22 Earth Day Breaded Fish Cheesy Penne Pasta 麵包屑的魚 芝士通心粉	23 Hamburgers Roasted Potatoes 漢堡 烤土豆	24 Tomato Basil Soup Sliced Turkey Breast 番茄羅勒湯 切片土雞胸肉	25 Dijon Pork Patty Mashed Spiced Yams 第戎豬肉帕蒂 搗碎的五香山藥	26 Arbor Day Oven Fried Chicken Whole Kernel Corn 烤箱炸雞 全仁玉米	27 Turkey Breast w/ Gravy Brown Rice Pilaf 土雞胸肉與肉汁	28 Italian Beef & Whole Grain Pasta Bake 意大利牛肉 全麥麵食烘烤	
29 BBQ Pork Rib Patty Whipped Potatoes 燒烤豬排帕蒂 鞭打土豆	30 Turkey Ham & White Beans 火雞火腿 & 白豆						

"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

