



# June 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
						<p>1 Meatloaf Whipped Potatoes  肉餅 土豆泥</p>	<p>2 Glazed Turkey Ham Corn Casserole  釉面土雞火腿 玉米砂鍋</p>
<p>3 Oven Fried Chicken Whole Kernel Corn  烤箱炸雞 全仁玉米</p>	<p>4 Hamburger Roasted Potatoes  漢堡包 烤土豆</p>	<p>5 Tomato Basil Soup Turkey Sandwich  番茄羅勒湯 火雞三明治</p>	<p>6 Dijon Pork Patty Mashed Spiced Yams  第戎豬肉帕蒂 碎五香山藥</p>	<p>7 Breaded Fish Cheesy Penne Pasta  麵包屑魚 芝士通心粉</p>	<p>8 Turkey Breast w/ Gravy Brown Rice Pilaf  土雞胸肉與肉汁 糙米抓飯</p>	<p>9 Italian Beef &amp; Whole Grain Pasta  意大利牛肉 全麥麵食</p>	
<p>10 BBQ Pork Rib Patty Whipped Potatoes  燒烤豬排帕蒂 土豆泥</p>	<p>11 Turkey Ham &amp; White Beans  火雞火腿 &amp; 白豆</p>	<p>12 Beef Taco Salad W.W. Tortilla  牛肉炸玉米餅沙拉 W.W.玉米餅</p>	<p>13 Potato Crusted Fish Cilantro Lime Brown Rice  土豆結痲魚 香菜石灰糙米</p>	<p>14 Oven Fried Chicken Scalloped Potatoes  烤箱炸雞 加調料烤土豆</p>	<p>15 Beef Patty w/ Gravy County Potatoes  牛肉帕蒂配肉汁 土豆</p>	<p>16 <b>父親節</b> Roast Beef w/ Gravy Baked Beans  烤牛肉配肉汁 烤豆</p>	
<p>17 Oven Fried Chicken Cheesy Brown Rice  烤箱炸雞 芝士糙米</p>	<p>18 Minestrone Soup Turkey Ham Sandwich  蔬菜濃湯 土雞火腿三明治</p>	<p>19 Swiss Steak Garlic Whipped Potatoes  瑞士牛排 大蒜鞭打土豆</p>	<p>20 Pork Chili Verde Buttered Rice  豬肉辣椒 奶油米飯</p>	<p>21 <b>夏天開始啦</b> Baked Chicken Cut Yams  焗雞 切山藥</p>	<p>22 Breaded Chicken Patty Broccoli  麵包屑雞肉餡餅 西蘭花</p>	<p>23 Swedish Meatballs Whole Grain Penne  西蘭花瑞典肉丸 全穀物通心粉</p>	
<p>24 Grilled Pork Delmonico Potatoes  烤豬 德爾莫妮科土豆</p>	<p>25 Baked Chicken Cilantro Lime Brown Rice  焗雞 香菜石灰糙米</p>	<p>26 Turkey Club Salad Saltine Crackers  土雞沙拉 撒鹽餅乾</p>	<p>27 Beef Spaghetti Side Salad  牛肉意粉</p>	<p>28 Oven Fried Chicken Oven Roasted Potatoes  烤箱炸雞 烤箱烤土豆</p>	<p>29 Tuna Noodle Casserole Lima Beans  金槍魚麵條砂鍋 利馬豆</p>	<p>30 Beef Chili w/ Beans Whole Kernel Corn  牛肉辣椒配豆類 全仁玉米</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

