



May 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MEMORIAL DAY Remember Those Who Served		1 May Day Beef Taco Salad Tortilla Chips 牛肉炸玉米餅沙拉 玉米片	2 Oven Fried Chicken Scalloped Potatoes 烤箱炸雞 加調料烤土豆	3 Potato Crusted Fish Cilantro Lime Brown Rice 香菜石灰糙米	4 Beef Patty w/ Gravy Country Potatoes 牛肉帕蒂配肉汁 國家土豆	5 Cinco de Mayo Chicken Fajitas Black Beans 雞肉春餅 黑豆
	6 Oven Fried Chicken Cheesy Brown Rice 烤箱炸雞 芝士糙米	7 Minestrone Soup Sliced Turkey Ham 蔬菜濃湯 切火雞火腿	8 Swiss Steak Garlic Whipped Potatoes 瑞士牛排 大蒜鞭打土豆	9 Baked Chicken Cut Yams 焗雞 切山藥	10 Pork Chili Verde Buttered Rice 豬肉辣椒 奶油米飯	11 Breaded Chicken Patty Broccoli 麵包屑雞肉餡餅 西蘭花
13 Grilled Pork Delmonico Potatoes 烤豬 德爾莫妮科土豆	14 Baked Chicken Cilantro Lime Brown Rice 焗雞 香菜石灰糙米	15 Turkey Club Salad Saltine Crackers 火雞沙拉 撒鹽餅乾	16 Beef Spaghetti Side Salad 牛肉意粉 配菜沙拉	17 Oven Fried Chicken Oven Roasted Potatoes 烤箱炸雞 烤箱烤土豆	18 Tuna Noodle Casserole Lima Beans 金槍魚麵條砂鍋 利馬豆	19 Beef Chili w/ Beans Whole Kernel Corn 牛肉辣椒配豆類 全仁玉米
20 Turkey Ham, Broccoli, & Brown Rice Bake 火雞火腿, 西蘭花, 和糙米烘烤	21 Country Fried Steak Twice Whipped Potatoes 國家炸牛排 兩次鞭打土豆	22 Corn Chowder Tuna Salad 玉米海鮮湯 金槍魚沙拉	23 Oven Fried Chicken Dirty Brown Rice 烤箱炸雞 臟糙米	24 Grilled Pork Oven Roasted Potatoes 烤豬 烤箱烤土豆	25 Teriyaki Meatballs Brown Rice 照燒肉丸 糙米	26 Garlic Rosemary Chicken Cut Yams 大蒜迷迭香雞 切山藥
27 Memorial Day Sausage w/ Onions & Peppers 香腸配 洋蔥和辣椒	28 Oven Fried Chicken Ranch Potatoes 烤箱炸雞 牧場土豆	29 Chef Salad Saltine Crackers 主廚沙拉 撒鹽餅乾	30 Picadillo Beef Mexican Brown Rice 百果餡牛肉 墨西哥糙米	31 Honey Mustard Chicken Cheesy Brown Rice 蜂蜜芥末雞 芝士糙米	Cinco de Mayo 	

"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

