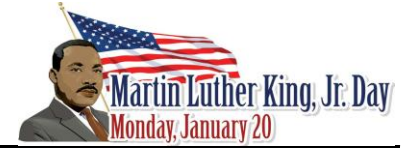




JANUARY 2020 Lunch Menu

含有超過1000毫克鈉的膳食



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 New Year's Day Minestrone Soup Chicken Salad 蔬菜浓汤 鸡肉沙拉	2 Sloppy Joe Oven Roasted Potatoes 濃湯 烤箱烤土豆	3 Whole Grain Crusted Fish Cheesy Penne Pasta 全麦壳鱼 俗气的通心粉	4 Salisbury Steak Whipped Potatoes 索尔兹伯里牛排 搅打土豆	5 Honey Baked Chicken Mashed Spiced Yams 蜂蜜烤鸡 土豆泥五香山药
6 Country Fried Steak Cheesy Brown Rice 乡村炸牛排 俗气的糙米	7 Oven Fried Chicken Whipped Potatoes 烤箱炸鸡 搅打土豆	8 Garden Turkey Salad Saltine Crackers 花园土耳其沙拉 咸饼干	9 Hamburger Oven Roasted Potatoes 汉堡包 烤箱烤土豆	10 BBQ Chicken Breast Pasta Salad 烧烤鸡胸肉 意面沙拉	11 Grilled Pork Patty Lemon Orzo Pasta 烤猪肉肉饼 柠檬意大利面	12 Beef & Bean Chili Brown Rice 牛豆辣椒 糙米
13 Turkey Divan Whipped Potatoes 土鸡合集 搅打土豆	14 Grilled Pork Delmonico Potatoes 烤猪 德尔蒙尼科土豆	15 Cream of Tomato Soup Tuna Salad 番茄汤奶油 金枪鱼沙拉	16 Citrus Pepper Salmon Brown Rice 柑橘三文鱼 糙米	17 Chicken Alfredo Whole Grain Spaghetti 鸡肉阿尔弗雷多 全麦意大利面	18 Sausage w/ Bun Pinto Beans 香肠配面包 斑豆	19 Hungarian Pork Brown Rice 匈牙利猪肉 糙米
20 Martin Luther King Honey Glazed Ham Cheesy Penne Pasta 蜜汁火腿 俗气的通心粉	21 Curry Chicken Brown Rice 咖喱鸡 糙米	22 Beef Taco Salad in W.W. Tortilla 塔克牛肉沙拉 在W.W.玉米饼	23 Turkey Swedish Meatballs Whole Grain Penne 土鸡瑞典肉丸 全麦通心粉	24 Oven Fried Chicken Dirty Brown Rice 烤箱炸鸡 脏糙米	25 Chinese New Year Turkey Breast Cornbread Dressing 火鸡胸脯 面包调料汁	26 Creole Steak Country Potatoes 克里奥尔牛排 国家土豆
27 Meatloaf w/ Gravy Whipped Potatoes 肉饼配肉汁 搅打土豆	28 BBQ Pork Rib Patty Pinto Beans 烧烤排骨肉饼 斑豆	29 Corn Chowder Turkey Breast 玉米海鲜汤 火鸡胸脯	30 Oven Fried Chicken Tater Tot Casserole 烤箱炸鸡 塔特砂锅	31 Lemon Pepper Fish Cheesy Brown Rice 柠檬胡椒鱼 俗气的糙米	<p>New Year fresh start RESOLUTIONS determination GOALS AND DREAMS PEACE joyful beginnings OPPORTUNITY HOPE</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

