

# November 2014

## SENIOR MEALS ON WHEELS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**3** GreenBeans 干扁四季豆  
Fish: 椒盐带鱼  
FRESH FRUIT  
WHEAT BREAD  
MARGARINE  
MILK

**4** NO LUNCH

**5** Bok Choy: 香菇青江菜  
Chicken: 广东鸡FRUIT JUICE  
PUMPERNICKEL BREAD  
MARGARINE  
MILK

**6** NO LUNCH

**7** Bok Choy: 香菇青江菜  
Fish: 香煎带鱼  
WHITE ROLL  
MARGARINE  
FRESH FRUIT  
MILK

**10** Vegetables: 蠔油广东芥兰  
Prawns: 油爆大虾  
FRUIT JUICE  
MILK  
COOKIE

**11** NO LUNCH

**12** Mushroom: 香菇时菜  
Pork: 五香卤肉  
FRESH FRUIT  
WHEAT BREAD  
MARGARINE  
MILK

**13** NO LUNCH

**14** Potato: 青炒土豆丝  
Pork: 咕咾肉  
MILK  
BROWNIE

**17** Eggplant: 泡菜茄子  
Pork: 回锅肉  
FRESH FRUIT  
MILK  
KETCHUP/MUSTARD  
COOKIE

**18** NO LUNCH

**19** Eggplant: 风沙茄子  
Fish: 红烧侧鱼  
WHEAT ROLL  
FRESH FRUIT  
MARGARINE  
MILK

**20** NO LUNCH

**21** Vegetables: 木须蔬菜  
Chicken: 白切鸡  
FRESH FRUIT  
ROLL  
MARGARINE  
MILK  
FRUIT JELLO

**24** Zucchini: 虾皮雪里丝  
Chicken: 宫保鸡片  
FRESH FRUIT  
WHEAT ROLL  
MARGARINE  
MILK, COOKIE

**25** NO LUNCH

**26** GreenBeans: 干扁四季豆  
Pork: 回锅肉  
FRUIT JUICE  
WHEAT ROLL  
MILK  
SALAD  
COOKIE

**27** HAPPY THANKS-GIVING

**28** CLOSED NO LUNCH

### News

**HAPPY BIRTHDAY TO OUR CLIENTS BORN IN NOVEMBER. BIRTHDAY CAKE ON THE 6<sup>TH</sup>.**

**IF YOU WON'T BE HOME TO RECEIVE YOUR MEAL PLEASE CALL 248-689-0001**