

January 2015

SENIOR MEALS ON WHEELS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1	2
5 Zucchini: 虾皮雪里丝 Chicken: 宫保鸡片 FRESH FRUIT WHEAT BREAD MARGARINE MILK	6 NO LUNCH	7 Green Beans: 干扁四季豆 Fish: 椒盐带鱼 FRUIT JUICE PUMPERNICKEL BREAD MARGARINE MILK, COOKIE	8 NO LUNCH	9 Bok Choy: 香菇青江菜 Fish: 香煎带鱼 WHITE ROLL MARGARINE FRESH FRUIT MILK
12 Eggplant: 泡菜茄子 Pork: 回锅肉 HOT DOG BUN FRUIT JUICE MILK KETCHUP/MUSTARD	13 NO LUNCH	14 Bok Choy: 香菇青江菜 Chicken: 广东鸡 FRESH FRUIT WHEAT BREAD MARGARINE MILK COOKIE	15 NO LUNCH	16 Vegetables: 木须蔬菜 Chicken: 白切鸡 HAMBURGER BUN KETCHUP/MUSTARD/RELISH MILK COLE SLAW FRUIT JELLO
19 CLOSED IN HONOR OF MLK BIRTHDAY	20 NO LUNCH	21 Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 FRESH FRUIT MARGARINE MILK SALAD	22 NO LUNCH	23 Potato: 青炒土豆丝 Pork: 咕咾肉 WHEAT ROLL FRUIT JUICE MARGARINE MILK COOKIE
26 Vegetables: 木须蔬菜 Chicken: 白切鸡 FRUIT JUICE RYE BREAD SOUR CREAM MARGARINE MILK	27 NO LUNCH	28 Eggplant: 风沙茄子 Fish: 红烧侧鱼 FRESH FRUIT WHITE ROLL MARGARINE MILK COOKIE	29 NO LUNCH	30 Mushroom: 香菇时菜 Pork: 五香卤肉 FRESH FRUIT WHEAT ROLL, MARGARINE MILK, FRUIT JELLO

News

**HAPPY BIRTHDAY
TO OUR CLIENTS
BORN IN
JANUARY.
BIRTHDAY CAKE
ON THE 8TH.**

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

