

February 2015

SENIOR MEALS ON WHEELS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Chinese: Rice Vegetables: 木须蔬菜 Chicken: 白切鸡 FRUIT WHITE ROLL FRESH FRUIT MARGARINE MILK</p>	<p>3 NO LUNCH</p>	<p>4 Chinese: Rice Eggplant: 鱼香茄子 Chicken: 三杯鸡 RAISIN BREAD FRESH FRUIT MILK MARGARINE</p>	<p>5 NO LUNCH</p>	<p>6 Chinese: Rice Tofu: 百花豆付 Pork: 五香卤肉 MILK TARTAR SAUCE</p>
<p>9 Chinese: Rice Green Beans: 干扁四季豆 Fish: 椒盐带鱼 RYE BREAD MARGARINE MILK SOUR CREAM</p>	<p>10 NO LUNCH</p>	<p>11 Steamed white rice Bok Choy: 香菇青江菜 Fish: 香煎带鱼 RAISIN BREAD PINEAPPLE MARGARINE MILK</p>	<p>12 NO LUNCH</p>	<p>13 Steamed white rice Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 WHITE ROLL MARGARINE MILK FRUIT JELLO</p>
<p>16 NO LUNCH</p>	<p>17 NO LUNCH</p>	<p>18 Chinese: RICE ZUCCHNI: 虾皮雪里丝 CHICKEN: 宫保鸡片 HAMBURGER BUN FRUIT JUICE MILK</p>	<p>19 NO LUNCH</p>	<p>20 Chinese: Rice Eggplant: 鱼香茄子 Chicken: 三杯鸡 ROLL MARGARINE MILK FRUIT JELLO</p>
<p>23 Chinese: Rice Green Beans: 干扁四季豆 Pork: 回锅肉 WHITE ROLL FRESH FRUIT MARGARINE MILK</p>	<p>24 NO LUNCH</p>	<p>25 Steamed white rice Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 FRUIT JUICE KETCHUP/MUSTARD/RELISH MILK</p>	<p>26 NO LUNCH</p>	<p>27 Steamed white rice Mushroom: 香菇时菜 Pork: 五香卤肉 WHEAT ROLL FRUIT JUICE MARGARINE MILK COOKIE</p>

News
HAPPY
BIRTHDAY
TO OUR CLIENTS
BORN IN
FEBRUARY.
BIRTHDAY CAKE
ON THE 5TH.

IF YOU WON'T BE
HOME TO
RECEIVE YOUR
MEAL PLEASE
CALL
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