

# March 2015

## SENIOR MEALS ON WHEELS


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>2</b> Steamed white rice Eggplant: 泡菜茄子 Pork: 回锅肉 WHEAT BREAD MARGARINE MILK</p>	<p><b>3</b> <b>NO LUNCH</b></p>	<p><b>4</b> Steamed white rice Bok Choy: 香菇青菜 Fish: 香煎带鱼 MARGARINE FRESH FRUIT MILK</p>	<p><b>5</b> <b>NO LUNCH</b></p>	<p><b>6</b> Steamed white rice Zucchini: 虾皮雪里丝 Chicken: 宫保鸡片 PUMPERNICKEL BREAD MARGARINE MILK</p>
<p><b>9</b> Chinese Meal: WHITE RICE POTATOE: 青炒土豆丝 PORK: 咕咾肉 FRUIT JUICE, MILK KETCHUP/MUSTARD</p>	<p><b>10</b> <b>NO LUNCH</b></p>	<p><b>11</b> Eggplant: 鱼香茄子 Chicken: 三杯鸡 WHEAT BREAD, MARGARINE MILK COOKIE</p>	<p><b>12</b> <b>NO LUNCH</b></p>	<p><b>13</b> Steamed white rice Green Beans: 干扁四季豆 Fish: 椒盐带鱼 MILK COLE SLAW FRUIT JELLO</p>
<p><b>16</b> Steamed white rice Mushroom: 香菇时菜 Pork: 五香卤肉 WHEAT ROLL MARGARINE MILK</p>	<p><b>17</b> <b>NO LUNCH</b></p>	<p><b>18</b> Steamed white rice Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 FRUIT JUICE MARGARINE MILK</p>	<p><b>19</b> <b>NO LUNCH</b> NIE</p>	<p><b>20</b> Steamed white rice Potato: 青炒土豆丝 Pork: 咕咾肉 RAISIN BREAD PINEAPPLE MILK</p>
<p><b>23</b> Chinese Meal: WHITE RICE ZUCCHNI: 虾皮雪里丝 CHICKEN: 宫保鸡片 HAMBURGER BUN FRUIT JUICE MILK</p>	<p><b>24</b> <b>NO LUNCH</b></p>	<p><b>25</b> Steamed white rice Vegetables: 木须蔬菜 Chicken: 白切鸡 FRESH FRUIT SOUR CREAM, MILK</p>	<p><b>26</b> <b>NO LUNCH</b></p>	<p><b>27</b> Steamed white rice Eggplant: 风沙茄子 Fish: 红烧侧鱼 WHEAT ROLL, MARGARINE MILK FRUIT JELLO</p>
<p><b>30</b> Steamed white rice Mushroom: 香菇时菜 Pork: 五香卤肉 FRUIT JUICE MARGARINE MILK, COOKIE</p>	<p><b>31</b> <b>NO LUNCH</b></p>			

### News

**HAPPY BIRTHDAY  
TO OUR CLIENTS  
BORN IN MARCH.  
BIRTHDAY CAKE  
ON THE 5<sup>TH</sup> .**

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

