

April 2015

SENIOR MEALS ON WHEELS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Steamed White Rice Vegetables: 木须蔬菜 Chicken: 宫保鸡片 RAISIN BREAD FRESH FRUIT MILK	2 NO LUNCH	3 GOOD FRIDAY- NO LUNCH
6 Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕咾肉 POTATO CHIPS HAMBURGER BUN FRUIT JUICE COLESLAW MILK	7 NO LUNCH	8 Steamed White Rice Potato: 清炒土豆丝 Fish: 红烧侧鱼 WHEAT ROLL FRUIT JUICE MILK COOKIE	9 NO LUNCH	10 Steamed White Rice Tofu: 百花豆腐 Chicken: 三杯鸡 WHITE ROLL MILK FRUIT JELLO
13 Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 FRUIT JUICE WHITE ROLL MARGARINE MILK	14 NO LUNCH	15 Steamed White Rice Zucchini: 虾皮雪里红 Chicken: 广东鸡 FRESH FRUIT WHEAT BREAD MILK BROWNIE	16 NO LUNCH	17 Steamed White Rice Tomato: 西红柿鸡蛋 Pork: 糖醋里脊 HAMBURGER BUN FRUIT JUICE MILK
20 Steamed White Rice Eggplant: 鱼香茄子 Chicken: 宫保鸡片 WHITE ROLL FRESH FRUIT MARGARINE MILK	21 NO LUNCH	22 Steamed White Rice Tofu: 富贵豆腐 Fish: 椒盐带鱼 FRESH FRUIT WHITE BREAD MILK COOKIE	23 NO LUNCH	24 Steamed White Rice Mushroom: 香菇青江菜 Pork: 五香卤肉 WHEAT ROLL FRUIT JUICE MILK
27 Steamed White Rice Vegetables: 木须蔬菜 Chicken: 白切鸡 FRUIT JUICE WHEAT ROLL MARGARINE MILK	28 NO LUNCH	29 Steamed White Rice Vegetables: 蚝油广东芥兰 Fish: 豆腐鱼片 RAISIN BREAD PINEAPPLE BROWNIE MILK	30 NO LUNCH	

News

HAPPY BIRTHDAY TO OUR CLIENTS BORN IN APRIL. BIRTHDAY CAKE ON THE 2ND .

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

