

July 2015

SENIOR MEALS ON WHEELS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕啫肉 PUMPERNICKEL BREAD MARGARINE MILK FRUIT JELLO	2 NO LUNCH	3 NO LUNCH CCC Closed
6 NO LUNCH	7 NO LUNCH	8 Steamed White Rice Tofu: 百花豆腐 Chicken: 三杯鸡 FRESH FRUIT RYE BREAD MARGARINE	9 NO LUNCH	10 Steamed White Rice Potato: 清炒土豆丝 Fish: 红烧侧鱼 WHEAT ROLL FRUIT JUICE MARGARINE MILK
13 Steamed White Rice Zucchini: 虾皮雪里红 Chicken: 广东鸡T WHEAT BREAD MARGARINE MILK	14 NO LUNCH	15 Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 WHEAT ROLL FRESH FRUIT MARGARINE MILK SALAD	16 NO LUNCH	17 Steamed White Rice Tomato: 西红柿鸡蛋 Pork: 糖醋里脊 WHITE ROLL FRUIT JUICE MARGARINE MILK BROWNIE
20 Steamed White Rice Tofu: 富贵豆腐 Fish: 椒盐带鱼 HAMBURGER BUN FRESH FRUIT MARGARINE MILK	21 NO LUNCH	22 Steamed White Rice Mushroom: 香菇青江菜 Pork: 五香卤肉 FRESH FRUIT WHITE BREAD MARGARINE MILK	23 NO LUNCH	24 Steamed White Rice Eggplant: 鱼香茄子 Chicken: 宫保鸡片 COLESLAW FRUIT JUICE HAMBURGER BUN MILK
27 Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 WHITE ROLL FRESH SALAD FRESH FRUIT MARGARINE MILK	28 NO LUNCH	29 Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕啫肉 FRESH FRUIT WHEAT ROLL MARGARINE FRUIT JELLO, MILK	30 NO LUNCH	31 Steamed White Rice Vegetables: 木须蔬菜 Chicken: 白切鸡 RYE BREAD FRESH FRUIT MILK COOKIE

News

HAPPY BIRTHDAY TO OUR CLIENTS BORN IN JULY. BIRTHDAY CAKE ON THE 2nd .

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

