

# SEPTEMBER 2015

## SENIOR MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Enter Text Here	1 <b>NO LUNCH</b>	2 Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕啫肉 FRUIT JUICE WHEAT BREAD MARGARINE MILK	3 <b>NO LUNCH</b>	4 Steamed White Rice Tofu: 百花豆腐 Chicken: 三杯鸡 WHEAT ROLL MARGARINE FRUIT JELLO MILK
7 <b>NO LUNCH</b>	8 <b>NO LUNCH</b>	9 Steamed White Rice Potato: 清炒土豆丝 Fish: 红烧侧鱼 HAMBURGER BUN COLE SLAW FRUIT JUICE MILK	10 <b>NO LUNCH</b>	11 Steamed White Rice Zucchini: 虾皮雪里红 Chicken: 广东鸡 WHITE ROLL MARGARINE MILK
14 Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 WHEAT ROLL FRUIT JUICE MARGARINE MILK	15 <b>NO LUNCH</b>	16 Steamed White Rice Tomato: 西红柿鸡蛋 Pork: 糖醋里脊 WHEAT ROLL FRUIT JUICE MARGARINE MILK	17 <b>NO LUNCH</b>	18 Steamed White Rice Tofu: 富贵豆腐 Fish: 椒盐带鱼 HAMBURGER BUN FRUIT JELLO KETCHUP MILK
21 Steamed White Rice Mushroom: 香菇青江菜 Pork: 五香卤肉 WHITE ROLL FRUIT JUICE MARGARINE MILK	22 <b>NO LUNCH</b>	23 Steamed White Rice Eggplant: 鱼香茄子 Chicken: 宫保鸡片 HOT DOG BUN FRUIT JELLO MUSTARD MILK	24 <b>NO LUNCH</b>	25 Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 COLESLAW FRUIT JUICE HAMBURGER BUN MILK
28 Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕啫肉 WHEAT BREAD FRUIT JUICE MARGARINE MILK	29 <b>NO LUNCH</b>	30 Steamed White Rice Vegetables: 木须蔬菜 Chicken: 白切鸡		

**News**  
**HAPPY BIRTHDAY  
TO OUR CLIENTS  
BORN IN SEPTEMBER.  
BIRTHDAY CAKE ON  
THE 3<sup>rd</sup>.**

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