

OCTOBER 2015

SENIOR MEALS ON WHEELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NO LUNCH	2 Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕啫肉 WHEAT BREAD MARGARINE MILK
5 Steamed White Rice Tofu: 百花豆腐 Chicken: 三杯鸡 FRUIT JUICE CHIPS MUSTARD MILK	6 NO LUNCH	7 Steamed White Rice Potato: 清炒土豆丝 Fish: 红烧侧鱼 WHITE BREAD FRUIT JUICE MARGARINE MILK	8 NO LUNCH	9 Steamed White Rice Zucchini: 虾皮雪里红 Chicken: 广东鸡 FRESH FRUIT HAMBURGER BUN KETCHUP MILK
12 NO LUNCH	13 NO LUNCH	14 Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 FRUIT JUICE MARGARINE MILK	15 NO LUNCH	16 Steamed White Rice Tomato: 西红柿鸡蛋 Pork: 糖醋里脊 WHEAT BREAD FRESH FRUIT MARGARINE MILK BROWNIE
19 Steamed White Rice Tofu: 富贵豆腐 Fish: 椒盐带鱼 HAMBURGER BUN COLE SLAW FRUIT JUICE MILK	20 NO LUNCH	21 Steamed White Rice Mushroom: 香菇青江菜 Pork: 五香卤肉 FRESH FRUIT MARGARINE BROWNIE MILK	22 NO LUNCH	23 Steamed White Rice Eggplant: 鱼香茄子 Chicken: 宫保鸡片 WHEAT ROLL FRESH FRUIT MARGARINE MILK
26 Steamed White Rice Green Bean: 干煸四季豆 Fish: 香煎带鱼 WHITE ROLL FRESH FRUIT MARGARINE MILK	27 NO LUNCH	28 Steamed White Rice Eggplant: 泡菜茄子 Pork: 咕啫肉 FRUIT JELLO MARGARINE MILK	29 NO LUNCH	30 Steamed White Rice Vegetables: 木须蔬菜 Chicken: 白切鸡 WHEAT ROLL FRUIT JUICE MARGARINE MILK

News

**HAPPY BIRTHDAY
TO OUR CLIENTS
BORN IN OCTOBER.
BIRTHDAY CAKE ON
THE 1st .**

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