

JANUARY 2016

SENIOR MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Enter Text Here	Enter Text Here	Enter Text Here	Enter Text Here	1 NO LUNCH
4 Zucchini: 虾皮雪里丝 Chicken: 宫保鸡片 WHEAT ROLL FRUIT JUICE MARGARINE MILK	5 NO LUNCH	6 Green Beans: 干扁四季豆 Fish: 椒盐带鱼 FRESH FRUIT HAMBURGER BUN MILK	7 NO LUNCH	8 Eggplant: 泡菜茄子 Pork: 回锅肉 FRESH FRUIT WHITE ROLL MARGARINE MILK
11 Bok Choy: 香菇青江菜 Fish: 香煎带鱼 WHITE ROLL FRUIT JUICE MARGARINE MILK	12 NO LUNCH	13 Bok Choy: 香菇青江菜 Chicken: 广东鸡 WHEAT BREAD FRUIT JUICE MARGARINE MILK, COOKIE	14 NO LUNCH	15 Vegetables: 木须蔬菜 Chicken: 白切鸡 WHEAT ROLL FRUIT JUICE MARGARINE MILK
18 NO LUNCH	19 NO LUNCH	20 Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 WHITE ROLL FRESH FRUIT MARGARINE MILK	21 NO LUNCH	22 Potato: 青炒土豆丝 Pork: 咕咾肉 WHITE ROLL FRUIT JUICE MARGARINE MILK
25 Vegetables: 木须蔬菜 Chicken: 白切鸡 FRESH FRUIT MARGARINE MILK	26 NO LUNCH	27 Chinese Meal: WHITE RICE ZUCCHNI: 虾皮雪里丝 CHICKEN: 宫保鸡片 Cole slaw Fresh fruit Milk	28 NO LUNCH	29 Mushroom: 香菇时菜 Pork: 五香卤肉

News
**HAPPY BIRTHDAY
TO OUR CLIENTS
BORN IN JANUARY.
BIRTHDAY CAKE ON
THE 7th .**

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