



# FEBRUARY 2016

## SENIOR MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Vegetables: 木须蔬菜 Chicken: 白切鸡 WHEAT ROLL FRUIT JUICE MARGARINE MILK	<b>2</b> <b>NO LUNCH</b>	<b>3</b> Eggplant: 鱼香茄子 Chicken: 三杯鸡 COLESLAW FRESH FRUIT HAMBURGER BUN MILK	<b>4</b> <b>NO LUNCH</b>	<b>5</b> Tofu: 百花豆付 Pork: 五香卤肉 FRESH FRUIT WHITE ROLL MARGARINE MILK
<b>8</b> Green Beans: 干扁四季豆 Fish: 椒盐带鱼 WHITE ROLL FRUIT JUICE MARGARINE MILK	<b>9</b> <b>NO LUNCH</b>	<b>10</b> Bok Choy: 香菇青江菜 Fish: 香煎带鱼 WHEAT BREAD FRUIT JUICE MARGARINE MILK COOKIE	<b>11</b> <b>NO LUNCH</b>	<b>12</b> Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 HAMBURGER BUN FRUIT JUICE MARGARINE MILK
<b>15</b> <b>NO LUNCH</b>	<b>16</b> <b>NO LUNCH</b>	<b>17</b> ZUCCHNI: 虾皮雪里丝 CHICKEN: 宫保鸡片 WHITE ROLL FRESH FRUIT MARGARINE MILK	<b>18</b> <b>NO LUNCH</b>	<b>19</b> Eggplant: 鱼香茄子 Chicken: 三杯鸡 FRUITJUICE WHITE BREAD MARGARINE MILK BROWNIE
<b>22</b> Green Beans: 干扁四季豆 Pork: 回锅肉 WHEAT BREAD FRUIT JUICE MARGARINE MILK	<b>23</b> <b>NO LUNCH</b>	<b>24</b> Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 HAMBURGER BUN COLE SLAW FRESH FRUIT MILK	<b>25</b> <b>NO LUNCH</b>	<b>26</b> Mushroom: 香菇时菜 Pork: 五香卤肉 WHITE ROLL FRUIT JUICE MARGARINE MILK
<b>29</b> Vegetables: 木须蔬菜 Chicken: 白切鸡 RAISIN BREAD FRUIT JUICE MILK				

### News

**HAPPY BIRTHDAY TO OUR CLIENTS BORN IN FEBRUARY. BIRTHDAY CAKE ON THE 4<sup>th</sup> .**

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