

# DECEMBER 2016

## SENIOR MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Enter Text Here	Enter Text Here		1 <b>NO LUNCH</b>	2 Zucchini: 虾皮雪里丝 Chicken: 宫保鸡片 FRESH FRUIT RYE BREAD MARGARINE MILK
5 Beans: 干扁四季豆 Fish: 椒盐带鱼 FRESH FRUIT RYE BREAD MARGARINE MILK	6 <b>NO LUNCH</b>	7 Bok Choy: 香菇青江菜 Chicken: 广东鸡 WHITE ROLL FRUIT JUICE MARGARINE MILK COOKIE	8 <b>NO LUNCH</b>	9 Eggplant: 泡菜茄子 Pork: 回锅肉 FRESH FRUIT COLESLAW MARGARINE MILK
12 Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 FRESH FRUIT WHEAT ROLL MARGARINE MILK	13 <b>NO LUNCH</b>	14 Bok Choy: 香菇青江菜 Fish: 香煎带鱼 WHEAT ROLL FRESH FRUIT FRUIT JELLO MILK	15 <b>NO LUNCH</b>	16 Vegetables: 木须蔬菜 Chicken: 白切鸡 WHEAT ROLL FRESH SALAD FRESH FRUIT MARGARINE MILK
19 Potato: 青炒土豆丝 Pork: 咕佬肉 FRESH FRUIT WHITE ROLL MARGARINE MILK	20 <b>NO LUNCH</b>	21 Mushroom: 香菇时菜 Pork: 五香卤肉 WHITE BREAD FRESH FRUIT MARGARINE MILK	22 <b>NO LUNCH</b>	23 <b>NO LUNCH</b> CHRISTMAS BREAK
26 <b>NO LUNCH</b> CHRISTMAS BREAK	27 <b>NO LUNCH</b> CHRISTMAS BREAK	28 <b>NO LUNCH</b> CHRISTMAS BREAK	29 <b>NO LUNCH</b> CHRISTMAS BREAK	30 <b>NO LUNCH</b> CHRISTMAS BREAK

### NEWS

**HAPPY BIRTHDAY TO OUR CLIENTS BORN IN DECEMBER. BIRTHDAY CAKE ON THE 1<sup>ST</sup>.**

**HOLIDAY BUFFET AT TROY COMMUNITY CENTER ON THE 15<sup>TH</sup>**

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