

MARCH 2016

SENIOR MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO LUNCH	2 Eggplant: 泡菜茄子 Pork: 回锅肉 FRESH SALAD FRUIT JUICE MARGARINE MILK	3 NO LUNCH	4 Bok Choy: 香菇青江菜 Fish: 香煎带鱼 COLE SLAW FRESH FRUIT MILK
7 Zucchini: 虾皮雪里丝 Chicken: 宫保鸡片 FRESH FRUIT MUSTARD MILK	8 NO LUNCH	9 POTATOE: 青炒土豆丝 PORK: 咕佬肉 FRUIT JUICE MARGARINE MILK COOKIE	10 NO LUNCH	11 Eggplant: 鱼香茄子 Chicken: 三杯鸡 FRUIT JUICE MARGARINE MILK
14 Green Beans: 干扁四季豆 Fish: 椒盐带鱼 PUMPERNICKEL BREAD MARGARINE MILK	15 NO LUNCH	16 Mushroom: 香菇时菜 Pork: 五香卤肉 FRUIT JUICE MARGARINE MILK	17 NO LUNCH	18 Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 COLE SLAW FRESH FRUIT MILK
21 Potato: 青炒土豆丝 Pork: 咕佬肉 FRESH FRUIT MARGARINE MILK	22 NO LUNCH	23 ZUCCHNI: 虾皮雪里丝 CHICKEN: 宫保鸡片 FRUIT JUICE MILK JELLO	24 NO LUNCH	25 NO LUNCH
28 Vegetables: 木须蔬菜 Chicken: 白切鸡 FRUIT JUICE MARGARINE MILK	29 NO LUNCH	30 Eggplant: 风沙茄子 Fish: 红烧侧鱼 FRUIT JUICE MARGARINE MILK	31 NO LUNCH	

News

**HAPPY BIRTHDAY
TO OUR CLIENTS
BORN IN MARCH.
BIRTHDAY CAKE ON
THE 3rd .**

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