



# JANUARY | 2017

## SENIOR MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>NO LUNCH</b>	3 <b>NO LUNCH</b>	4 Zucchini: 虾皮雪里丝 Chicken: 宫保鸡片 WHITE ROLL FRUIT JUICE PEA SALAD MARGARINE MILK	5 <b>NO LUNCH</b>	6 Beans: 干扁四季豆 Fish: 椒盐带鱼 WHEAT ROLL FRESH SALAD FRUIT JUICE MARGARINE MILK
9 Eggplant: 泡菜茄子 Pork: 回锅肉 FRUIT JUICE WHITE ROLL MARGARINE MILK	10 <b>NO LUNCH</b>	11 Bok Choy: 香菇青江菜 Fish: 香煎带鱼 WHITE ROLL FRUIT JUICE MARGARINE MILK COOKIE	12 <b>NO LUNCH</b>	13 Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 HAMBURGER BUN FRESH FRUIT COLESLAW MARGARINE MILK
16 <b>NO LUNCH</b> MLK Day	17 <b>NO LUNCH</b>	18 Potato: 青炒土豆丝 Pork: 咕咾肉 WHITE ROLL FRESH FRUIT FRESH SALAD MARGARINE MILK	19 <b>NO LUNCH</b>	20 Bok Choy: 香菇青江菜 Chicken: 广东鸡 WHEAT ROLL FRESH FRUIT MARGARINE FRUIT JELLO MILK
23 ZUCCHINI: 虾皮雪里丝 CHICKEN: 宫保鸡片 FRESH FRUIT WHEAT ROLL MARGARINE MILK	24 <b>NO LUNCH</b>	25 Vegetables: 蠔油广东芥兰 Prawns: 油爆大虾 RYE BREAD SOUR CREAM MARGARINE MILK COOKIE	26 <b>NO LUNCH</b>	27 Mushroom: 香菇时菜 Pork: 五香卤肉 FRESH SALAD WHEAT ROLL FRUIT JUICE MARGARINE MILK
30 Bok Choy: 香菇青江菜 Fish: 香煎带鱼 RAISIN BREAD FRUIT JUICE MARGARINE MILK	31 <b>NO LUNCH</b>		Enter Text Here	Enter Text Here

### News

**HAPPY BIRTHDAY  
TO OUR CLIENTS  
BORN IN JANUARY.  
BIRTHDAY CAKE ON  
THE 5<sup>TH</sup> .**

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