



Self-Help for the Elderly-----Lincoln Court Center



Lunch Menu for July 2010

12:00 noon-1:00 p.m.

2400 Mac Arthur Blvd., Oakland CA 94602

Tel: 510-336-0144

Website: www.selfhelpelderly.org

Monday	Wednesday	Friday
12 Lasagna Cauliflower Garlic Bread Banana 1% Low Fat Milk Minestrone Soup	14 Tuna Salad Sandwich on Whole Wheat Bread Black-eye Peas Garden Salad with Dressing Baked Sweet Potato 1% Low Fat Milk	16 Baked Fried Chicken Bok Choy Brown Rice Dessert 1% Low Fat Milk
19 Cheese and Macaroni with Low Sodium Ham Spinach Whole Wheat Dinner Rolls Apple Chicken and Barley Soup 1% Low Fat Milk	21 BBQ Shredded Pork Sandwich on Whole Wheat Bread Zucchini and Carrot Cantaloupe / Kiwi 1% Low Fat Milk	23 Baked Salmon Broccoli Brown Rice Cucumber Salad Orange 1% Low Fat Milk
26 Chicken Fajitas Corn and Bell Peppers Spanish Rice Apple 1% Low Fat Milk	28 Beef Hamburger with Lettuce, Tomato, and Pickles Green Salad with Dressing Orange 1% Low Fat Milk	30 Turkey Pasta with White Sauce Sautéed Kale and Onions Coleslaw Baked Sweet Potato 1% Low Fat Milk Soup of the Day

☆☆ **Please sign up in the multipurpose room the day before** ☆☆

安老自助處----林肯閣中心二零一零年
七月份午餐菜單
中午十二時至下午一時



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星期一	星期三	星期五
12 意大利千層麵 椰菜花 蒜茸飽 香蕉 低脂奶 通心粉菜湯	14 吞拿魚麥飽三文治 眉豆田園沙律 焗甜薯 低脂奶	16 炸雞塊 白菜 糙米飯 甜品 低脂奶
19 火腿芝士通心粉 菠菜 全麥餐飽 蘋果 大麥雞湯 低脂奶	21 焗豬肉絲麥飽三文治 意大利青瓜及紅蘿蔔 蜜瓜 / 奇異果 低脂奶	23 焗三文魚 西蘭花 糙米飯 青瓜沙律 橙 低脂奶
26 雞肉春餅 粟米及燈籠椒 菠菜飯 蘋果 低脂奶	28 牛肉漢堡飽 蕃茄及酸瓜 生菜沙律 橙 低脂奶	30 白汁火雞意粉 涼泮菜絲 焗甜薯 低脂奶 是日例湯

☆ 請提早一天到活動大堂報名 ☆