

| Date        | Monday<br>星期一                               | Tuesday<br>星期二                      | Wednesday<br>星期三                            | Thursday<br>星期四                         | Friday<br>星期五                               | Saturday<br>星期六                 |
|-------------|---|-------------------------------------|---|---|---|---------------------------------|
| Time        | Mar-1                                       | Mar-2                               | Mar-3                                       | Mar-4                                   | Mar-5                                       | Mar-6                           |
| 9:30-10:30  | 齊來鬆一鬆<br>Exercises                          | 9:30-11:30<br>智能I.T.你問我答            | 9:30-11:30<br>智能I.T.你問我答                    | 健康養生<br>Health topics                   | 你講我講大家講<br>Group Discussion                 | 永遠年輕健身<br>Forever Young Fitness |
|             |   |                                     | 跟娟姐學煮野<br>Cooking Class                     |   |   |                                 |
|             |   | 音樂欣賞<br>Music Appreciation          | 音樂欣賞<br>Music Appreciation                  | 健康操<br>Healthy Exercises                | 齊來鬆一鬆<br>Exercises                          |                                 |
|             |   | 10:00-11:00<br>Beginners Line Dance | 10:00-11:00<br>排舞 Dance                     |   |   |                                 |
| 10:30-11:30 | 金曲回響<br>Music Appreciation                  | 靜心講座<br>Stress Relief Discussion    | 英語口語輕鬆學<br>English Class                    | 園藝分享<br>Gardening Info                  | 八段錦<br>Ba Duan Jin                          |                                 |
|             | AAMG健康資訊                                    | 香港故事<br>Hong Kong Story             |   |   |   |                                 |
|             |   |                                     | 齊齊唱出好音樂<br>Singing Class                    |   |   |                                 |
| 11:30-12:30 |   | 社聯網快訊<br>News update                | 健康生活<br>Health life                         | 11:30-1:30<br>電影分享/綜藝節目<br>Health Shows |   |                                 |
|             |   |                                     | 中國通史<br>China History                       |   |   |                                 |
|             |   |                                     | 靜心講座<br>Stress Relief Discussion            |   |   |                                 |
| 12:30-1:30  | 健康知多少<br>Health talk                        | 人體醫學大百科<br>Encyclopedia of Science  | 人體醫學大百科<br>Encyclopedia of Science          | 腦洞大開智力問答<br>IQ                          | 生活常識+運動<br>Simple Exercise Info             |                                 |
|             |   | WP 健康知多少<br>Health talk             | 探索大自然<br>Discover nature                    | 生活隨意煮<br>Cooking                        | 健康知多少<br>Health talk                        |                                 |
| 1:30-2:30   | 1:30-3:30<br>英語會話班<br>English Class         | 基本經絡穴位探討<br>Acupoint Discussion     | 靜心講座<br>Stress Relief Discussion            |   | 所見所聞  |                                 |
|             | 尋找他鄉的故事                                     |                                     | 健康知多少<br>Health talk                        |   |   |                                 |
| 2:30-3:30   | 健康運動<br>Healthy Exercises                   | 旅遊與美食<br>Food Journal               | 椅子運動<br>Chair Exercise                      | 健康運動<br>Healthy Exercises               | 2:30-4:30<br>民族樂器音樂欣賞                       |                                 |
|             | 2:30-4:30<br>民族樂器音樂欣賞                       | 2:30-4:30<br>明星演唱會Concert           | 2:30-4:30<br>民族樂器音樂欣賞                       | 2:30-4:30<br>明星演唱會Concert               |   |                                 |
|             |   |                                     |   | 健康知多少<br>Health talk                    |   |                                 |
| 3:30-4:30   | 3:30-5:00<br>古今奇案Cases Cases                | 3:30-5:00<br>世說新語Story Time         | 3:30-5:00<br>健康探索 Health Topics             | 3:30-5:00<br>金曲欣賞 Music Appreciation    | 2:30 - 4:30<br>梨園春秋 Classical opera         |                                 |
| Date        | Monday<br>星期一                               | Tuesday<br>星期二                      | Wednesday<br>星期三                            | Thursday<br>星期四                         | Friday<br>星期五                               | Saturday<br>星期六                 |
| Time        | Mar-8                                       | Mar-9                               | Mar-10                                      | Mar-11                                  | Mar-12                                      | Mar-13                          |
| 9:30-10:30  | 9:30-11:30<br>保持健康運動<br>Always Active       | 9:30-11:30<br>智能I.T.你問我答            | 9:30-11:30<br>智能I.T.你問我答                    | 9:30-11:30<br>保持健康運動<br>Always Active   | 9:30-11:30<br>如何吃得對<br>Healthy Consumptions | 永遠年輕健身<br>Forever Young Fitness |
|             | 音樂欣賞<br>Music Appreciation                  | 音樂欣賞<br>Music Appreciation          | 9:30-11:30<br>電視劇欣賞<br>Drama                | 健康養生<br>Health topics                   | 齊來鬆一鬆<br>Exercises                          |                                 |
|             | 齊來鬆一鬆<br>Exercises                          |                                     | 10:00-11:00<br>排舞 Dance                     | 健康操<br>Healthy Exercises                |   |                                 |
| 10:30-11:30 | PG & E's Educational<br>能源開銷講座              | 香港故事<br>Hong Kong Story             | 英語口語輕鬆學<br>English Class                    | WP 香港故事<br>Hong Kong Story              | 齊齊唱出好音樂<br>Singing Class                    |                                 |
|             | 金曲回響<br>Music Appreciation                  |                                     | 齊齊唱出好音樂<br>Singing Class                    | 園藝分享<br>Gardening Info                  | 八段錦<br>Ba Duan Jin                          |                                 |
| 11:30-12:30 | 11:30-1:30<br>電影分享/綜藝節目<br>Health Shows     | 定心 Q&A                              | 靜心講座<br>Stress Relief Discussion            | 11:30-1:30<br>電影分享/綜藝節目<br>Health Shows |   |                                 |
|             |   |                                     | 中國通史<br>China History                       |   |   |                                 |
|             |   |                                     | 健康生活<br>Health life                         |   |   |                                 |
| 12:30-1:30  | 健康知多少<br>Health talk                        | 人體醫學大百科<br>Encyclopedia of Science  | 人體醫學大百科<br>Encyclopedia of Science          | 腦洞大開智力問答<br>IQ                          | 生活常識+運動<br>Simple Exercise Info             |                                 |
|             |   | 健康知多少<br>Health talk                | 探索大自然<br>Discover nature                    | 生活隨意煮<br>Cooking                        | 健康知多少<br>Health talk                        |                                 |
| 1:30-2:30   | 1:30-3:30<br>英語會話班<br>English Class         | 基本經絡穴位探討<br>Acupoint Discussion     | 靜心講座<br>Stress Relief Discussion            | 1:30-3:00<br>氣功 QiGong                  | 所見所聞  |                                 |
|             | SFPD社區安全資訊                                  |                                     | 健康知多少<br>Health talk                        | left-turn 駕駛左轉安全講座                      |   |                                 |
|             | 尋找他鄉的故事                                     | SS-尋找他鄉的故事                          | 1:30-3:30<br>排舞 Dance                       | 尋找他鄉的故事                                 |   |                                 |
| 2:30-3:30   | 健康運動<br>Healthy Exercises                   | 旅遊與美食<br>Food Journal               | 椅子運動<br>Chair Exercise                      | 健康運動<br>Healthy Exercises               | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation |                                 |
|             | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation | 2:30-4:30<br>明星演唱會Concert           | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation | 2:30-4:30<br>明星演唱會Concert               |   |                                 |
|             |   |                                     |   | 健康知多少<br>Health talk                    |   |                                 |
| 3:30-4:30   | 3:30-5:00<br>古今奇案Cases Cases                | 3:30-5:00<br>世說新語Story Time         | 3:30-5:00<br>健康探索 Health Topics             | 3:30-5:00<br>金曲欣賞 Music Appreciation    | 2:30 - 4:30<br>梨園春秋 Classical opera         |                                 |

| Date        | Monday<br>星期一                               | Tuesday<br>星期二                      | Wednesday<br>星期三                            | Thursday<br>星期四                             | Friday<br>星期五                                   | Saturday<br>星期六                     |
|-------------|---|-------------------------------------|---|---|---|-------------------------------------|
| Time        | Mar-15                                      | Mar-16                              | Mar-17                                      | Mar-18                                      | Mar-19  | Mar-20                              |
| 9:30-10:30  | 9:30-11:30<br>保持健康運動<br>Always Active       | 9:30-11:30<br>智能I.T.你問我答            | 9:30-11:30<br>智能I.T.你問我答                    | 9:30-11:30<br>保持健康運動<br>Always Active       | 你講我講大家講<br>Group Discussion                     | 永遠年輕健身<br>Forever Young Fitness     |
|             | 音樂欣賞<br>Music Appreciation                  |                                     | 9:30-11:30<br>電視劇 Drama                     | 健康養生<br>Health topics                       | 齊來鬆一鬆<br>Exercises                              |                                     |
|             | 齊來鬆一鬆<br>Exercises                          | 輕鬆步行<br>Walk with Ease              | 10:00-11:00<br>排舞 Dance                     | 輕鬆步行<br>Walk with Ease                      | 輕鬆步行<br>Walk with Ease                          |                                     |
|             |   | 音樂欣賞<br>Music Appreciation          | 音樂欣賞<br>Music Appreciation                  | 健康操<br>Healthy Exercises                    | 9:30-11:30<br>電視劇Drama                          |                                     |
|             | 10:00-11:00<br>Beginners Line Dance         | 9:30-11:00<br>中國好舞蹈                 | 10:00-11:00<br>Improver Line Dance          | 9:30-11:30<br>如何吃得對<br>Healthy Consumptions |   |                                     |
| 10:30-11:30 | AAMG健康資訊                                    | 靜心講座<br>Stress Relief Discussion    | 英語口語輕鬆學<br>English Class                    | 園藝分享<br>Gardening Info                      | 八段錦<br>Ba Duan Jin                              |                                     |
|             | 金曲回響<br>Music Appreciation                  | 寶果運動<br>Bingocize                   | 齊齊唱出好音樂<br>Singing Class                    | 寶果運動<br>Bingocize                           | 齊齊唱出好音樂<br>Singing Class                        |                                     |
|             |   | 香港故事<br>Hong Kong Story             |   | 香港故事<br>Hong Kong Story                     |   |                                     |
| 11:30-12:30 | 11:30-1:30<br>電影分享/綜藝節目<br>Health Shows     |                                     | 健康生活<br>Health life                         | 11:30-1:30<br>電影分享/綜藝節目<br>Health Shows     | Tai Chi太極                                       |                                     |
|             | Tai Chi太極                                   |                                     | 中國通史<br>China History                       | Social Service Talk<br>安老自助處社工服務知多D         |   |                                     |
| 12:30-1:30  | 健康知多少<br>Health talk                        | 人體醫學大百科<br>Encyclopedia of Science  | 人體醫學大百科<br>Encyclopedia of Science          | 腦洞大開智力問答<br>IQ                              | 生活常識+運動<br>Simple Exercise Info                 |                                     |
|             |   | 健康知多少<br>Health talk                | 探索大自然<br>Discover nature                    | 生活隨意煮<br>Cooking                            | 健康知多少<br>Health talk                            |                                     |
| 1:30-2:30   | 1:30-3:30<br>英語會話班<br>English Class         | 基本經絡穴位探討<br>Acupoint Discussion     | 靜心講座<br>Stress Relief Discussion            | 1:30-3:00<br>氣功 QiGong                      | 所見所聞  |                                     |
|             | 尋找他鄉的故事                                     | 尋找他鄉的故事                             | 1:30-3:30<br>排舞 Dance                       | 健康知多少<br>Health talk                        |   |                                     |
| 2:30-3:30   | 健康運動<br>Healthy Exercises                   | 旅遊與美食<br>Food Journal               | 椅子運動<br>Chair Exercise                      | 健康運動<br>Healthy Exercises                   | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation     |                                     |
|             | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation | 2:30-4:30<br>明星演唱會Concert           | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation | 2:30-4:30<br>明星演唱會Concert                   | 健康知多少<br>Health talk                            | 2:30 - 4:30<br>梨園春秋 Classical opera |
| 3:30-4:30   | 3:30-5:00<br>古今奇案Cases Cases                | (3:30-5:00)<br>世說新語Story Time       | (3:30-5:00)<br>健康探索 Health Topics           | (3:30-5:00) 金曲欣賞<br>Music Appreciation      |   |                                     |
| Date        | Monday<br>星期一                               | Tuesday<br>星期二                      | Wednesday<br>星期三                            | Thursday<br>星期四                             | Friday<br>星期五                                   | Saturday<br>星期六                     |
| Time        | Mar-22                                      | Mar-23                              | Mar-24                                      | Mar-25                                      | Mar-26  | Mar-27                              |
| 9:30-10:30  | 9:30-11:30 保持健康運動<br>Always Active          | 9:30-11:30<br>智能I.T.你問我答            | 9:30-11:30<br>智能I.T.你問我答                    | 9:30-11:30 保持健康運動<br>Always Active          | 你講我講大家講   | 永遠年輕健身<br>Forever Young Fitness     |
|             | 齊來鬆一鬆<br>Exercises                          | 輕鬆步行<br>Walk with Ease              | 10:00-11:00<br>排舞 Dance                     | 健康養生<br>Health topics                       | 齊來鬆一鬆<br>Exercises                              |                                     |
|             | 音樂欣賞<br>Music Appreciation                  | 音樂欣賞<br>Music Appreciation          | 音樂欣賞<br>Music Appreciation                  | 輕鬆步行<br>Walk with Ease                      | 輕鬆步行<br>Walk with Ease                          |                                     |
|             |   | 10:00-11:00<br>Beginners Line Dance | 趣味剪紙<br>Arts & Craft                        | 10:00-11:00<br>Improver Line Dance          | 9:30-11:30<br>如何吃得對<br>Healthy Consumptions     |                                     |
| 10:30-11:30 | 金曲回響<br>Music Appreciation                  | 寶果運動<br>Bingocize                   | 英語口語輕鬆學<br>English Class                    | 寶果運動<br>Bingocize                           | 八段錦<br>Ba Duan Jin                              |                                     |
|             |   | 香港故事<br>Hong Kong Story             | 齊齊唱出好音樂<br>Singing Class                    | 園藝分享<br>Gardening Info                      | 齊齊唱出好音樂<br>Singing Class                        |                                     |
| 11:30-12:30 | 11:30-1:30<br>電影分享/綜藝節目<br>Health Shows     | 做個開心快活人<br>Be a Jolly Person        | 靜心講座<br>Stress Relief Discussion            | 11:30-1:30<br>電影分享/綜藝節目<br>Health Shows     | Tai Chi太極                                       |                                     |
|             | Tai Chi太極                                   |                                     | 中國通史<br>China History                       |   |   |                                     |
| 12:30-1:30  | 健康知多少<br>Health talk                        | 人體醫學大百科<br>Encyclopedia of Science  | 人體醫學大百科<br>Encyclopedia of Science          | 腦洞大開智力問答<br>IQ                              | 生活常識+運動<br>Simple Exercise Info                 |                                     |
|             |   | 健康知多少<br>Health talk                | 探索大自然<br>Discover nature                    | 生活隨意煮<br>Cooking                            | 健康知多少<br>Health talk                            |                                     |
| 1:30-2:30   | 1:30-3:30<br>英語會話班<br>English Class         | 基本經絡穴位探討<br>Acupoint Discussion     | 靜心講座<br>Stress Relief Discussion            | 1:30-3:30<br>氣功 QiGong                      | 所見所聞  |                                     |
|             | 尋找他鄉的故事                                     | 尋找他鄉的故事                             | 1:30-3:30<br>排舞 Dance                       | 健康知多少<br>Health talk                        |   |                                     |
| 2:30-3:30   | 健康運動<br>Healthy Exercises                   | 旅遊與美食<br>Food Journal               | 椅子運動<br>Chair Exercise                      | 健康運動<br>Healthy Exercises                   | (2:30 - 4:30)<br>梨園春秋 Classical opera           |                                     |
|             | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation | 2:30-4:30<br>明星演唱會Concert           | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation | 2:30-4:30<br>明星演唱會Concert                   | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation     |                                     |
| 3:30-4:30   | (3:30-5:00)<br>古今奇案Cases                    | (3:30-5:00)<br>世說新語Story Time       | (3:30-5:00)<br>健康探索 Health Topics           | (3:30-5:00) 金曲欣賞<br>Music Appreciation      | 老友記之新型冠狀病毒疫苗<br>Friends talk - COVID-19 Vaccine |                                     |

| Date        | Monday<br>星期一                               | Tuesday<br>星期二   | Wednesday<br>星期三  | Thursday<br>星期四 | Friday<br>星期五 | Saturday<br>星期六 |
|-------------|---|--|---|-----------------|---------------|-----------------|
| Time        | Mar-29                                      | Mar-30   | Mar-31  |                 |               |                 |
| 9:30-10:30  | 9:30-11:30<br>保持健康運動<br>Always Active       | 9:30-11:30<br>智能I.T.你問我答<br>音樂欣賞<br>Music Appreciation | 9:30-11:30<br>智能I.T.你問我答<br>音樂欣賞<br>Music Appreciation  |                 |               |                 |
|             | 齊來鬆一鬆<br>Exercises                          | 輕鬆步行<br>Walk with Ease                                 | 9:30-11:30<br>電視劇 Drama<br>10:00-11:00<br>排舞 Dance      |                 |               |                 |
| 10:30-11:30 | 金曲回響<br>Music Appreciation                  | 寶果運動<br>Bingocize                                      | 英語口語輕鬆學<br>English Class                                |                 |               |                 |
|             |   | 香港故事<br>Hong Kong Story                                | 齊齊唱出好音樂<br>Singing Class                                |                 |               |                 |
| 11:30-12:30 | Tai Chi太極                                   |  | 健康生活<br>Health life<br>靜心講座<br>Stress Relief Discussion |                 |               |                 |
|             |   |  |   |                 |               |                 |
| 12:30-1:30  |   | 人體醫學大百科<br>Encyclopedia of Science                     | 人體醫學大百科<br>Encyclopedia of Science                      |                 |               |                 |
|             | 健康知多少<br>Health talk                        | 健康知多少<br>Health talk                                   | 探索大自然<br>Discover nature                                |                 |               |                 |
| 1:30-2:30   | 1:30-3:30<br>英語會話班<br>English Class         | 基本經絡穴位探討<br>Acupoint Discussion                        | 健康知多少<br>Health talk                                    |                 |               |                 |
|             | 尋找他鄉的故事                                     | 尋找他鄉的故事  | 1:30-3:30<br>排舞 Dance                                   |                 |               |                 |
| 2:30-3:30   | 健康運動<br>Healthy Exercises                   | 旅遊與美食<br>Food Journal                                  | 椅子運動<br>Chair Exercise                                  |                 |               |                 |
|             | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation | 2:30-4:30<br>明星演唱會Concert<br>Music Appreciation        | 2:30-4:30<br>民族樂器音樂欣賞<br>Music Appreciation             |                 |               |                 |
| 3:30-4:30   | 3:30-5:00<br>古今奇案Cases Cases                | 3:30-5:00<br>世說新語Story Time                            | 3:30-5:00<br>健康探索 Health Topics                         |                 |               |                 |

Classes and activities are subject to change. Contact Mr.Liu (415) 677-7607  
 課程和活動可能會變動,有關活動詳情請向 劉先生 查詢 電話:(415) 677-7607

# 2021年3月菜單

| 星期一                               | 星期二                             | 星期三                              | 星期四                          | 星期五                           | 星期六                      |
|-----------------------------------|---------------------------------|----------------------------------|------------------------------|-------------------------------|--------------------------|
| 1<br>沙薑雞<br>椰菜花,紅蘿蔔<br>蘋果         | 2<br>燒汁焗魚塊<br>芥菜<br>香蕉          | 3<br>梨醬焗豬扒<br>黃瓜,意大利瓜<br>橙       | 4<br>榨菜焗牛肉餅<br>西蘭花,紅蘿蔔<br>香蕉 | 5<br>煙焗雞扒<br>紹菜,玉米筍<br>蘋果     | 6<br>茄汁豬排意粉<br>椰菜<br>橙   |
| 8<br>酸菜焗魚塊<br>椰菜,紅蘿蔔<br>香蕉        | 9<br>黑椒洋蔥焗排骨<br>青豆,羊角豆,紅蘿蔔<br>橙 | 10<br>醬燒九層塔焗雞下肚<br>椰菜花,紅蘿蔔<br>蘋果 | 11<br>腐乳焗豬肉<br>豆仔,紅菜頭<br>橙   | 12<br>芝麻醬焗火雞胸<br>青椒,紅椒<br>蘋果  | 13<br>豉汁雞扒飯<br>西蘭花<br>香蕉 |
| 15<br>蒜香蘑菇焗豬肉碎<br>紹菜,紅蘿蔔<br>蘋果    | 16<br>香醋芝麻焗雞扒<br>白菜,紅蘿蔔<br>香蕉   | 17<br>茄汁燴豬牛肉丸<br>椰菜,豆仔<br>橙      | 18<br>甜酸焗魚塊<br>西蘭花,紅蘿蔔<br>蘋果 | 19<br>燒汁檸檬黑胡椒焗雞翼<br>青江菜<br>香蕉 | 20<br>洋蔥豬排飯<br>椰菜<br>蘋果  |
| 22<br>羅勒香草汁焗火雞胸<br>青豆,粟米,紅蘿蔔<br>橙 | 23<br>香茅焗豬扒<br>芥菜<br>蘋果         | 24<br>粟米焗魚塊<br>白蘿蔔,紅蘿蔔<br>香蕉     | 25<br>葡汁焗雞<br>豆仔,洋蔥<br>橙     | 26<br>番茄免治牛肉<br>紅菜頭,紫椰菜<br>蘋果 | 27<br>黑椒雞扒意粉<br>西蘭花<br>橙 |
| 29<br>豆瓣醬焗魚塊<br>羊角豆,蘑菇<br>橙       | 30<br>孜然牛肉<br>西蘭花,紅蘿蔔<br>香蕉     | 31<br>鹽焗雞下肚<br>黃瓜,紅蘿蔔<br>蘋果      |                              |                               |                          |

晚餐服務(星期一至星期五)於成龍中心及建民中心供應及星期六營養餐(下午12:30至下午1:30) 僅限於建民中心供應

此餐單達到除維生素D及鉀以外所有目標膳食參考攝入量三分之一的建議。安老自助處的營養師會就如何達到維生素D及鉀的每日建議攝取量提供健康資訊。

## March 2021 Menu

| Mon  | Tue  | Wed   | Thu   | Fri  | Sat  |
|--|--|---|---|--|--|
| 1<br><b>Baked Chicken w/ Ginger Sauce</b><br><br><b>Cauliflower &amp; Carrots</b><br><br><b>Apple</b>        | 2<br><b>Baked Fish w/ Teriyaki Sauce</b><br><br><b>Mustard Greens</b><br><br><b>Banana</b>                                 | 3<br><b>Baked Pork Chop w/ Pear Sauce</b><br><br><b>Yellow Squash &amp; Zucchini</b><br><br><b>Orange</b>                       | 4<br><b>Minced Beef Patty w/ Preserved Vegetables</b><br><br><b>Broccoli &amp; Carrots</b><br><br><b>Banana</b> | 5<br><b>Baked Chicken Thigh w/ Smoke Sauce</b><br><b>Napa Cabbage &amp; Baby Corn</b><br><br><b>Apple</b>                  | 6<br><b>Tomato Sauce Pork Chop w/ Spaghetti</b><br><br><b>Cabbage</b><br><br><b>Orange</b> |
| 8<br><b>Baked Fish w/ Preserved Vegetables</b><br><br><b>Cabbage &amp; Carrots</b><br><br><b>Banana</b>      | 9<br><b>Baked Pork Spareribs w/ Black Pepper &amp; Onion</b><br><b>Green Peas, Okra &amp; Carrots</b><br><br><b>Orange</b> | 10<br><b>Baked Chicken Drumsticks w/ Basil &amp; Teriyaki Sauce</b><br><br><b>Cauliflower &amp; Carrots</b><br><br><b>Apple</b> | 11<br><b>Baked Pork w/ Preserved Bean Curd Sauce</b><br><br><b>Green Beans &amp; Beets</b><br><br><b>Orange</b> | 12<br><b>Baked Turkey Breast w/ Sesame Sauce</b><br><b>Green &amp; Red Bell Pepper</b><br><br><b>Apple</b>                 | 13<br><b>Soy Sauce Chicken w/ Rice</b><br><br><b>Broccoli</b><br><br><b>Banana</b>         |
| 15<br><b>Minced Pork w/ Garlic &amp; Mushroom</b><br><b>Napa Cabbage &amp; Carrots</b><br><br><b>Apple</b>   | 16<br><b>Baked Chicken Thigh w/ Black Vinegar &amp; Sesame</b><br><br><b>Bok Choy &amp; Carrots</b><br><br><b>Banana</b>   | 17<br><b>Braised Meatballs w/ Tomato Sauce</b><br><br><b>Cabbage &amp; Green Beans</b><br><br><b>Orange</b>                     | 18<br><b>Baked Fish w/ Sweet &amp; Sour Sauce</b><br><br><b>Broccoli &amp; Carrots</b><br><br><b>Apple</b>      | 19<br><b>Baked Chicken Wings &amp; Lemon Pepper w/ Teriyaki Sauce</b><br><br><b>Shanghai Bok Choy</b><br><br><b>Banana</b> | 20<br><b>Onion Pork Chop w/ Rice</b><br><br><b>Cabbage</b><br><br><b>Apple</b>             |
| 22<br><b>Baked Turkey w/ Basil Pesto Sauce</b><br><b>Green Peas, Corn &amp; Carrots</b><br><br><b>Orange</b> | 23<br><b>Baked Pork Chop w/ Lemongrass</b><br><br><b>Mustard Greens</b><br><br><b>Apple</b>                                | 24<br><b>Baked Fish w/ Creamy Corn</b><br><br><b>Turnips &amp; Carrots</b><br><br><b>Banana</b>                                 | 25<br><b>Baked Chicken w/ Portuguese Sauce</b><br><br><b>Green Beans &amp; Beets</b><br><br><b>Orange</b>       | 26<br><b>Minced Beef w/ Tomato Sauce</b><br><br><b>Beets &amp; Purple Cabbage</b><br><br><b>Apple</b>                      | 24<br><b>Black Pepper Chicken w/ Spaghetti</b><br><br><b>Broccoli</b><br><br><b>Orange</b> |
| 29<br><b>Baked Fish w/ Soy Bean Sauce</b><br><br><b>Okra &amp; Mushroom</b><br><br><b>Orange</b>             | 30<br><b>Beef w/ Cumin</b><br><br><b>Broccoli &amp; Carrots</b><br><br><b>Banana</b>                                       | 31<br><b>Baked Chicken Drumsticks</b><br><br><b>Yellow Squash &amp; Carrots</b><br><br><b>Apple</b>                             |   |  |  |

**Dinner Service (Monday - Friday) available at Geen Mun Senior Center and Jackie Chan Senior Center & Saturday**

**Brunch program (from 12:30PM - 1:30PM) is ONLY available at Geen Mun Senior Center**

Our menu meets 1/3 dietary reference intakes for all target nutrients except Vitamin D and potassium. The SHE dietitian will provide nutrition education handout about how to ensure you are meeting your daily Vitamin D and potassium needs.