



April 2026 Menu

Mon-Fri 11:30 am-12:30 pm
Dine in Only
First Come, First Served

Mon	Tue	Wed	Thu	Fri
		1 Baked Fish with Mustard-Lemon Sauce Green Cabbage, Carrots Apple	2 Baked Chicken Quarter Leg with Honey-Garlic Sauce Green Bell Pepper and Mushroom Banana	3 Baked Fish with Citrus Sauce Mustard Greens Apple
6 Minced Pork Patty w/Vermicelli & Shiitake Mushroom Broccoli and Kale Apple	7 Braised Turkey Thigh with BBQ Sauce Napa Cabbage, Zucchini, Carrot Orange	8 Baked Fish w/Creamy Corn Green Cabbage, Baby Corn Banana	9 Baked Chicken with Preserved Vegetable Sauce Cauliflower and Carrots Apple	10 Baked Fish with Creamy Sauce Bok Choy Banana
13 Baked Chicken Wings w/Ginger Sauce Green Peas, Corn & Carrots Orange	14 Baked Fish with Citrus Sauce Shanghai Bok Choy Apple	15 Baked Pork Chop with Cumin Sauce Turnips & Carrots Banana	16 Baked Shredded Chicken with Taiwan Style Sesame Sauce Napa Cabbage Mandarin Orange	17 Baked Fish with Thai Style Sweet & Chili Sauce Beets and Purple Cabbage Apple
20 Baked Chicken Thigh with Portuguese Sauce Green Cabbage and Edamame Orange	21 Baked Pork Spareribs with Garlic & Black Bean Sauce Bok Choy Banana	22 Beef Patty with Oatmeal & Soy Sauce Kale and Cabbage Mandarin Orange	23 Baked Chicken Drumette with Creamy Siracha Sauce Broccoli with Carrots Banana	24 Baked Fish with Bean Sauce Bell Pepper and Mushroom Apple
27 Braised Pork and Beef Meatballs with Marinara Sauce Green Beans & Carrots Orange	28 Baked Chicken Wings with Sesame & Balsamic Vinegar Bok Choy & Straw Mushroom Apple	29 Baked Pork Spareribs w/Plum Sauce Green Peas and Okra w/Carrots Mandarin Orange	30 Baked Fish with Thai Style Sweet & Chili Sauce Green Cabbage, Carrot Banana	5/1 Baked Shredded Chicken with Taiwan Style Sesame Sauce Zucchini, Yellow Squash Orange

Enjoy Your Meal—A \$3 Voluntary Contribution Helps Sustain This Program.

Please note seasonal fruits may be used in place of fruit listed on the menu

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.

Sponsored by Self-Help for the Elderly & partially funded by the Department of Disability and Aging Services and other donors.
安老自助處主辦。服務經費部份由三藩市耆英及殘障人士服務局及其他贊助機構贊助。



2026年4月菜單

午餐時間：星期一至星期五
上午 11:30 - 下午 12:30

星期一	星期二	星期三	星期四	星期五
		1 芥末檸檬汁焗魚塊 椰菜, 紅蘿蔔 蘋果	2 蒜香蜜汁焗雞全腩 青椒, 蘑菇 香蕉	3 柚子醬焗魚塊 芥菜 蘋果
6 粉絲香菇焗豬肉餅 西蘭花, 羽衣甘藍 蘋果	7 燒烤醬焗火雞 紹菜, 意大利瓜, 紅蘿蔔 橙	8 奶油玉米汁焗魚塊 椰菜, 粟米仔 香蕉	9 雪菜汁焗雞肉 椰菜花, 紅蘿蔔 蘋果	10 奶油芝士汁焗魚塊 白菜 香蕉
13 沙薑焗雞翼 青豆, 玉米, 紅蘿蔔 橙	14 柚子醬焗魚塊 青江菜 蘋果	15 孜然焗豬扒 白萝卜, 紅蘿蔔 香蕉	16 台式芝麻醬焗雞絲 紹菜 柑	17 泰式甜辣醬焗魚塊 紅菜頭, 紫椰菜 蘋果
20 葡汁焗雞扒 椰菜, 毛豆 橙	21 蒜蓉豆豉焗排骨 白菜 香蕉	22 醬油麥片焗牛肉餅 椰菜, 羽衣甘藍 柑	23 奶油是拉差醬焗雞翼腩 西蘭花, 紅蘿蔔 香蕉	24 豆瓣醬焗魚塊 蘑菇, 青椒 蘋果
27 意式蕃茄醬燴豬牛丸 四季豆, 紅蘿蔔 橙	28 芝麻香醋汁焗雞翼 白菜, 草菇 蘋果	29 梅子醬焗排骨 青豆, 紅蘿蔔, 秋葵 柑	30 泰式甜辣醬焗魚塊 椰菜, 紅蘿蔔 香蕉	5/1 台式芝麻醬焗雞絲 青意瓜, 黃意瓜 橙

您的三美元自願性捐款將有助於維持該聚餐計劃的正常營運。祝您用餐愉快!

請注意菜單上的水果可能會以時令水果代替

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。