

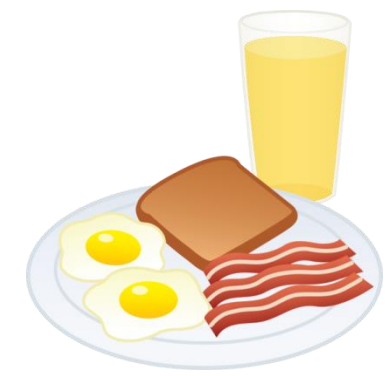


Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
		Mangu w/ Onions 1. Pork Sausage Link Blueberries & Watermelon 西式香蕉泥 豬肉腸 鮮鮮瓜果	Grilled Mozzarella and 2. Tomato Sandwich Honeydew & Strawberries 西式起司番茄三文治 新鮮瓜果	Hard Boiled Egg (1) 3. Cheddar Cheese English Muffin Oatmeal Blueberries & Cantaloupe 水煮蛋兩個佐切達起司
Hard Boiled Egg (2) 6. Mangu w/ Onions Blueberries & Cantaloupe Grape Jelly 水煮蛋兩個 葡萄口味果凍 新鮮瓜果	Ham & Cheese Frittata 7. Grits Orange 火腿起司 穀物麥片 鮮鮮柳橙	Pork Sausage Link 8. Fiber One Cereal Whole Wheat Mini Bagel Cantaloupe & Strawberries 豬肉腸 纖維麥片 迷你貝果	Home Fries w/ Peppers 9. Onions Turkey Bacon Farina Orange Pancake Syrup 黑椒洋蔥薯條	Muenster Cheese 10. Raisin Bran Cereal Whole Wheat Mini Bagel Blueberries & Honeydew 葡萄乾麥片穀物 迷你貝果 新鮮瓜果
Cheesy Home 13. Fries Pork Sausage Link Blueberries & Honeydew 起司薯條 豬肉腸 新鮮瓜果	Cottage Cheese Low 14. Sodium Turkey Bacon English Muffin Whole Wheat Blueberries & Cantaloupe 棉花起司 火雞肉培根	Veggie Sausage Patty 15. Cornmeal Blueberries & Honeydew Wheat germ 素肉片 玉米粥 新鮮瓜果	Western Frittata 16. English Muffin Whole Wheat Blueberries & Cantaloupe Wheat germ 英式全麥小蛋糕 新鮮瓜果	Hard Boiled Egg (2) 17. Oatmeal Blueberries & Honeydew Wheat germ 水煮蛋兩個 穀物燕麥粥 新鮮瓜果
Veggie Sausage Patty 20. Raisin Bran Cereal Blueberries & Cantaloupe Grape Jelly 素肉排 葡萄麥片粥	Cheddar Cheese 21. Turkey Bacon Creamy Apple- Raisin Oatmeal Honeydew 切達起司 Grape Jelly 火雞培根	Mangu with 22. Onions Pork Sausage Link Blueberries & Cantaloupe Grape Jelly 西式香蕉泥, 豬肉腸	Potato Spinach 23. Frittata Fiber One Cereal Honeydew 馬鈴薯菠菜煎蛋 燕麥穀物片	Hard Boiled Egg (2) 24. Cornmeal Blueberries & Cantaloupe Grape Jelly 水煮蛋兩個 玉米麥片粥
Center Closed Centro Cerrado 陣亡將士紀念日 中心關閉一日	Scrambled Eggs w/ 27. Diced Peppers and Ham Fiber One Cereal Cantaloupe 火腿青椒炒蛋, 新鮮瓜果	Mangu with 29. Onions Turkey Sausage Link Honeydew Strawberries 西式香蕉泥	Grilled Mozzarella 30. And Tomato Sandwich Oatmeal Cantaloupe 西式起司番茄三文治	Hard Boiled Egg (2) 31. Raisin Bran Cereal Honeydew Strawberries 水煮蛋兩個, 葡萄乾麥片



Breakfast Desayuno Menu 早餐

9:00AM
to
10:00AM



**MAY/MAYO
2019
5 月份行事曆**

**All Meals Are Served With
Trans-Fat-Free Margarine
1% Low-Fat Milk
Fresh Fruit
Menu Subject To Change
Without Notice**

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
		Apple Juice 1. Turkey Burger w/ Cheese Hamburger bun (whole wheat) Garden Salad Canned Fruit Cocktail 火雞起司肉排 綠色蔬菜沙拉	Grape Juice, Unsweetened 2. Chicken and Broccoli Stir Fry Brown Rice Oriental Blend Fresh Orange 雞肉炒花菜 鮮鮮柳橙	Apple Juice 3. Baked Fish w/ Sweet and Sour Sauce Chinese Style Spaghetti Apple and Beet Salad Canned Pears 甜酸魚, 中式撈麵	<p align="center">MAY/MAYO 2019 5 月份行事曆 Grand Street Settlement Grand Coalition of Seniors 80 Pitt Street NY NY 10002 212-674-1740 Funded by the NYC Department for the Aging</p>
Apple Juice 6. Beef and Broccoli Brown Rice Baby Carrots w/ Parsley Fresh Banana 牛肉炒花菜, 紅蘿香菜	Grape Juice (Unsweetened) 7. Salmon in Garlic Butter Sauce 三文魚 Roasted Potatoes Mixed Green Salad Sliced Canned Peaches	Apple Juice 8. BBQ Chicken Brown Rice Collard Greens Fresh Grapes 烤雞肉餐佐糙米飯	Grape Juice (Unsweetened) 9. Whole Wheat Pasta Primavera w/Cheese Lemony Cucumber & Tomato Salad Fruited Jello 西式起司麵點	Apple Juice 10. Turkey Bean Chili Yellow Rice Sautéed String Beans Fresh Apple 火雞肉辣豆醬飯	<p align="center">Lunch/Almuerzo/午餐 12:00PM to 1:00PM</p> <p align="center">Please join us for our classes, workshops and special events.</p>
Apple Juice 13. Baked Mushroom Chicken Baked Potatoes Broccoli w/ Toasted Garlic Fresh Orange 香菇雞肉飯 新鮮柳橙	Orange Juice 14. Chinese Style Pork Chinese Style Spaghetti Sautéed Bok Choy w/ Garlic Canned Fruit Cocktail 中式豬肉 青江菜炒大蒜	Apple Juice 15. Chicken Cacciatore Garlic Mashed Potatoes Green Bean Sautee Fresh Banana 雞肉排佐大蒜馬鈴薯 新鮮香蕉	Orange Juice 16. Baked Vegetable Alfredo Pasta Cucumber Dill Salad Fresh Grapes 阿爾弗雷多義式麵 小黃瓜沙拉佐新鮮葡萄	Apple Juice 17. Stewed Codfish (Bacalao Fresco Guisado) Brown Rice Cauliflower w/ Carrots and Parsley Fruited Jello 燉鱈魚飯	<p align="center">Unase a nuestras clases, talleres y eventos especiales. 請報名參加我們的課程, 講座, 以及特別活動。</p>
Grape Juice (Unsweetened) 20. Pepper Steak Dominican Moro Garden Salad Fresh Apple 黑椒牛排飯佐新鮮蘋果	Apple Juice 21. Oven Baked Pork Chops Baked Red Potato Wedges Collard Greens Canned Apricots 烤豬肉排佐紅馬鈴薯	Orange Juice 22. Baked Ziti w/ Meat Sauce Sautéed String Beans Fresh Banana 義式千層麵佐肉醬 新鮮香蕉	Apple Juice 23. Stir Fry Chicken Steamed Napa Cabbage w/ Soy Sauce Sweet Baked Yams Fresh Plum 乾炒雞肉飯	Orange Juice 24. Baked Tilapia w/ Onions Brown Rice Vegetable Mix Canned Fruit Cocktail 魚排佐洋蔥, 糙米飯	<p align="center">MENU.... All Meals Are Served With Whole Wheat Bread Trans Fat Free Margarine 1% Low Fat Milk Juices are Unsweetened Menu Subject To Change Without Notice</p>
27. Center Closed/ Memorial Day Centro Cerrado/ 陣亡將士紀念日 中心關閉一日	Orange Juice 28. Pork Spare Ribs Classic Macaroni Salad California Blend Vegetables Fresh Apple 豬肋排佐起司沙拉	Apple Juice 29. Baked Turkey Breast Glazed Sweet Potatoes Spinach, Apple and Red Onion Salad Canned Pears 烤火雞胸餐	Orange Juice 30. Beef Meatballs in Tomato Sauce Bowtie Pasta Roasted Zucchini Sliced Canned Peaches 牛肉丸佐番茄汁, 義式領結麵	Apple Juice 31. Baked Salmon Brown Rice Cauliflower w/ Carrots and Parsley Fresh Orange 檸檬三文魚	