





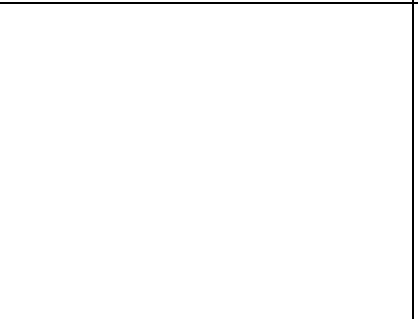
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
				
Scrambled Eggs 3. w/ Swiss Cheese English Muffin (whole wheat) Fresh Cantaloupe (no bread) 炒蛋佐瑞士起司 新鮮瓜果 英式小蛋糕	Cottage Cheese 4. (Low Sodium) Pork Sausage Link Toasted Oats Cereal Whole Wheat Bread Fresh Kiwi 棉花起司 豬肉腸	Omelette w/ Spinach 5. & Parmesan Cheese English Muffin (whole wheat) Farina Fresh Cantaloupe (no bread) 歐姆蛋佐菠菜 英式小蛋糕	Cheesy Home Fries 6. Veggie Sausage Patty Fiber One Cereal Whole Wheat Bread Fresh Kiwi 薯條佐素肉排 新鮮奇異果 燕麥粥	Cheddar Cheese 7. Hard Boiled Egg (2) Cornmeal Whole Wheat Bread Fresh Cantaloupe 切達起司 水煮蛋兩個 新鮮瓜果
Scrambled Eggs 10. Turkey Sausage Link Fiber One Cereal Fresh Blueberries & Watermelon 炒蛋佐火雞肉腸 麥片粥 新鮮西瓜	Veggie Sausage Patty 11. Cinnamon French Toast Fresh Honeydew & Strawberries (no bread) 素肉排 肉桂法式吐司 草莓	Mangu w/ Onions 12. Pork Sausage Link Fresh Blueberries & Watermelon 西式薯泥佐洋蔥 豬肉腸 西瓜佐新鮮藍莓	Grilled Mozzarella 13. & Tomato Sandwich Fresh Honeydew & Strawberries 模黎羅拉起司佐番茄三文治 新鮮瓜果佐草莓	Cheddar Cheese 14. Hard Boiled Egg (2) English Muffin (whole wheat) Fresh Blueberries & Cantaloupe (no bread) 切達起司 水煮蛋兩個
Hard Boiled Egg (2) 17. Mangu w/ Onions Fresh Blueberries & Cantaloupe Grape Jelly 水煮蛋兩個 西式薯泥佐洋蔥 新鮮瓜果	Ham & Cheese Frittata 18. Grits Fresh Orange 火腿起司蛋 葛子玉米粥 新鮮柳橙	Pork Sausage Link 19. Fiber One Cereal Whole Wheat Mini Bagel Fresh Cantaloupe & Strawberries (no bread) 豬肉腸	Home Fries w/ Peppers 20. & Onions Turkey Bacon Farina Whole Wheat Bread Fresh Orange Pancake Syrup 薯條佐青椒	<b>Center Closed 21.</b> <b>Staff Development</b> <b>Centro Cerrado</b> <b>員工訓練日 中心關閉一日</b>
Cheesy Home Fries 24. Pork Sausage Link Fresh Blueberries & Honeydew 起司薯條 豬肉腸	Cottage Cheese 25. (Low Sodium) Turkey Bacon English Muffin (whole wheat) Fresh Blueberries & Cantaloupe (no bread) 火雞肉培根	Veggie Sausage Patty 26. Cornmeal (wheat germ) Whole Wheat Bread Fresh Blueberries & Honeydew 素肉排	Western Frittata 27. English Muffin (whole wheat) Fresh Blueberries & Cantaloupe (wheat germ) (no bread) 西式煎蛋佐新鮮藍莓	Hard Boiled Egg (2) 28. Oatmeal (wheat germ) Fresh Blueberries & Honeydew 水煮蛋兩個 鮮鮮藍莓佐瓜果

*Breakfast*  
*Desayuno*  
*Menu*  
早餐  
9:00AM  
to  
10:00AM



**JUNE/JUNIO**  
**2019**  
**6 月份行事曆**

**All Meals Are Served w/  
Whole Wheat Bread  
Trans-Fat-Free Margarine  
1% Low-Fat Milk  
Fresh Fruit  
Menu Subject To Change  
Without Notice**

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					<p><b>JUNE/JUNIO</b>  <b>2019 6 月份行事曆</b>  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> <p><b>Lunch/Almuerzo/午餐</b>  <b>12:00PM to 1:00PM</b></p> <p>Please join us for our  classes, workshops and  special events.</p> <p>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> <p><b>MENU....</b>  <b>All Meals Are Served w/  Whole Wheat Bread</b>  <b>Trans Fat Free Margarine</b>  <b>1% Low Fat Milk</b>  <b>Juices are Unsweetened</b>  <b>Menu Subject To Change</b>  <b>Without Notice</b></p>
Orange Juice 3. Spinach Stuffed Flounder Apple Sweet Potatoes Veggie Mix Fresh Grapes 比目魚佐菠菜, 新鮮葡萄	Apple Juice 4. Hawaiian Chicken Legs Brown Rice Sautéed Mustard Greens Sliced Canned Peaches 夏威夷風味雞腿, 罐頭桃	Grape Juice 5. Beef & Turkey Meatloaf w/ Mushroom Gravy Baked Potatoes Broccoli w/ Toasted Garlic Fresh Tangerine 牛肉火雞混合 肉排, 新鮮橘子	Orange Juice 6. BBQ Chicken Leg Quarters Brown Rice w/ Pigeon Peas Cabbage & Apple Slaw Fruited Jell-O 烤雞腿餐佐蘋果蔬 菜沙拉, 果凍	Special Meal 7. Dragon Boat Festival 端午節特別餐	
Apple Juice 10. Stuffed Shells w/ Cheese Garlic Bread Fresh Sliced Tomatoes & Cucumbers Fruited Jell-O (no bread) 大貝殼麵佐起司, 黃瓜, 果凍	Grape Juice 11. Stewed Pork Chops Brown Rice Italian Blend Vegetables Fresh Apple 豬排飯, 義式沙拉, 新鮮蘋果	Apple Juice 12. Turkey Burger w/ Cheese Whole Wheat Hamburger bun (no bread) Garden Salad Canned Fruited Cocktail 火雞肉漢堡	Grape Juice 13. Chicken & Broccoli Stir Fry Brown Rice Oriental Blend Fresh Orange 雞肉炒花菜, 中式沙拉, 新鮮柳橙	Apple Juice 14. Baked Fish w/ Sweet & Sour Chinese Style Spaghetti Apple & Beet Salad Canned Pears 烤魚佐中式甜酸麵 水果沙拉, 罐裝桃	
Apple Juice 17. Beef & Broccoli Brown Rice Baby Carrots w/ Parsley Fresh Banana 牛肉佐花菜, 糙米飯, 新鮮香蕉	Grape Juice 18. Salmon Garlic Butter sauce Roasted Potatoes Mixed Green Salad Sliced Canned Peaches 三文魚佐大蒜, 綠色沙拉	Apple Juice 19. BBQ Chicken Brown Rice Collard Greens Fresh Grapes 烤雞佐糙米飯, 新鮮葡萄	Grape Juice 20. Whole Wheat Pasta Primavera w/ Cheese Lemony Cucumber & Tomato Salad Fruited Jell-O 義式管麵佐起司	Center Closed 21. Staff Development Centro Cerrado 員工訓練日 中心關閉一日	
Apple Juice 24. Baked Mushroom Chicken Baked Potatoes Broccoli w/ Toasted Garlic Fresh Orange 烤雞佐香菇, 烤馬鈴薯, 新鮮柳 橙	Orange Juice 25. Chinese Style Spaghetti Sautéed Bok Choy w/ Garlic Canned Fruited Cocktail 中式撈麵佐青江菜 罐裝綜合水果, 柳橙汁	Apple Juice 26. Chicken Cacciatore Garlic Mashed Potatoes Green Bean Sautéed Fresh Banana 雞肉番茄燉煮 大蒜馬鈴薯泥, 新鮮香蕉	Orange Juice 27. Baked Vegetable Alfredo Pasta Cucumber Dill Salad Fresh Grapes 義式麵條, 烘烤蔬菜, 黃瓜沙拉, 鮮 鮮葡萄	Apple Juice 28. Stewed Codfish (Bacalao) Brown Rice Cauliflower w/ Carrots & Parsley Fruited Jell-O 燉鱈魚, 菜花佐紅蘿蔔, 果凍	