

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
			Home Fries w/ Peppers 1. & Onions Turkey Bacon Farina Fresh Orange Pancake Syrup 火雞培根, 黑椒薯條	Muenster Cheese 2. Raisin Bran Cereal Whole Wheat Mini Bagel (no bread) Fresh Blueberries & Honeydew 起司佐葡乾麥片, 新鮮藍莓瓜果
Cheesy Home Fries 5. Pork Sausage Link Fresh Blueberries & Honeydew 起司薯條 豬肉腸 新鮮瓜果	Cottage Cheese 6. Turkey Bacon English Muffin Whole Bread (no bread) Fresh Blueberries & Cantaloupe 火雞培根, 英式麵包, 新鮮瓜果	Veggie Sausage Patty 7. Cornmeal Fresh Blueberries & Honeydew 素肉片 玉米麥片粥 新鮮瓜果	Western Frittata 8. English Muffin, Whole Wheat (no bread) Fresh Blueberries & Cantaloupe 西式煎蛋, 英式全麥麵包, 新鮮瓜果	Hard Boiled Egg (2) 9. Oatmeal Fresh Blueberries & Honeydew 水煮蛋兩個 麥類粥 新鮮瓜果
Veggie Sausage Patty 12. Raisin Bran Cereal Fresh Blueberries & Cantaloupe Grape Jelly 素肉片 新鮮瓜果	Cheddar Cheese 13. Turkey Bacon Creamy Apple Raisin Oatmeal Fresh Honeydew Grape Jelly 切達起司 火雞培根, 新鮮瓜果	Mangu w/ Onions 14. Pork Sausage Link Fresh Blueberries & Cantaloupe Grape Jelly 西人薯泥佐洋蔥 豬肉腸, 新鮮香瓜	Potato Spinach 15. Frittata Fiber One Cereal Fresh Honeydew 菠菜馬鈴薯, 煎蛋 麵片粥 新鮮瓜果	Hard Boiled Egg (2) 16. Cornmeal Fresh Blueberries & Cantaloupe Grape Jelly 水煮蛋兩個 麥類粥 新鮮瓜果
Cheesy Home Fries 19. Pork Sausage Link Farina Fresh Honeydew & Strawberries 起司薯條, 豬肉腸, 新鮮瓜果	Scrambled Eggs 20. W/ Diced Peppers & Ham Fiber One Cereal Fresh Cantaloupe 炒蛋佐青椒與塊火腿肉 新鮮瓜果	Mangu w/ Onions 21. Turkey Sausage Link Fresh Honeydew & Strawberries 西人薯泥佐洋蔥 火雞肉腸, 新鮮香瓜佐草莓	Grilled Mozzarella & Tomato Sandwich 22. Oatmeal Fresh Cantaloupe 烤起司片佐番茄與麵包 新鮮瓜果	Hard Boiled Egg (2) 23. Raisin Bran Cereal Fresh Honeydew & Strawberries 水煮蛋兩個 葡乾麥片, 新鮮香瓜佐草莓
Scrambled Eggs 26. w/ Swiss English Muffin Whole Wheat (no bread) Fresh Cantaloupe 炒蛋佐英式麵包, 新鮮瓜果	Cottage Cheese 27. Pork Sausage Link Toasted Oats Cereal Fresh Kiwi 棉花起司, 豬肉腸, 奇異果	Omelette w/ Spinach & Parmesan Cheese 28. English Muffin Whole Wheat (no bread) Farina Fresh Cantaloupe 歐姆蛋, 菠菜起司, 瓜果	Cheesy Home Fries 29. Veggie Sausage Patty Fiber One Cereal Fresh Kiwi 起司薯條, 素肉片, 麵片粥, 奇異果	Cheddar Cheese 30. Hard Boiled Egg (2) Cornmeal Fresh Cantaloupe 切達起司, 水煮蛋兩個 麥類粥, 新鮮香瓜



Breakfast Desayuno Menu 早餐

9:00AM
to
10:00AM



August/Agosto
2019
8 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

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
			Grape Juice 1. Whole Wheat Pasta Primavera w/ Cheese Lemony Cucumber & Tomato Salad Fruited Jell-O 義式管麵佐起司	Apple Juice 2. Turkey Bean Chili Yellow Rice Sautéed String Beans Fresh Apple 火雞肉辣豆醬飯	August/Agosto 2019 8 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
Apple Juice 5. 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 6. Chinese Style Pork Chinese Style Spaghetti Sautéed Bok Choy w/ Garlic Fruit Cocktail 中式撈麵 佐青江菜 罐裝綜合水果 柳橙汁	Apple Juice 7. 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 8. 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 9. Stewed Codfish (Bacalao) Brown Rice Cauliflower w/ Carrots & Parsley Fruited Jell-O 燉鱈魚 菜花佐紅蘿蔔 果凍	Lunch/Almuerzo/午餐 12:00PM to 1:00PM Please join us for our classes, workshops and special events .
Grape Juice 12. Pepper Steak Dominican Mbro Garden Salad Fresh Apple 黑椒牛肉 蔬菜沙拉	Apple Juice 13. Oven Baked Pork Chops Baked Red Potato Wedges Collard Greens Canned Apricots 豬肉排 烤馬鈴薯	Orange Juice 14. Baked Ziti w/ Meat Sauce Sautéed String Beans Fresh Banana 義式烤麵 佐肉汁 四季豆 新鮮香蕉	Apple Juice 15. Stir Fry Chicken Steamed Napa Cabbage w/ Soy Sauce Sweet Baked Yams Plum 乾炒雞肉飯 李子	Orange Juice 16. Baked Tilapia w/ Onions Brown Rice Vegetable Mix Canned Fruit Cocktail 烤魚 佐洋葱 糙米飯 佐蔬菜 鮮果 罐頭	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。
Apple Juice 19. Stewed Chicken Brown Rice Mixed Green Salad Plums Packed in Water 烤雞 餐 佐綠色沙拉 罐裝李子	Orange Juice 20. Pork Spare Ribs Classic Macaroni Salad California Blend Vegetables Fresh Apple 豬肋排 馬卡羅尼沙拉 新鮮蘋果 柳橙汁	Apple Juice 21. Baked Turkey Breast Glazed Sweet Potatoes Spinach, Apple & Red Onions Salad Canned Pears 烤火雞胸肉	Orange Juice 22. Beef Meatballs in Tomato Sauce Bowtie Pasta Roasted Zucchini Sliced Canned Peaches 牛肉丸 佐茄汁 領結義大利麵	Apple Juice 23. Baked Salmon w/ Lemon, Tarragon & Thyme Brown Rice Cauliflower w/ Carrots & Parsley Fresh Orange 三文魚 檸檬 糙米飯 鮮橙	MENU.... All Meals Are Served w/ Whole Wheat Bread Trans Fat Free Margarine 1% Low Fat Milk Juices are Unsweetened Menu Subject To Change Without Notice
Orange Juice 26. Spinach Stuffed Flounder Apple Sweet Potatoes Vegetable Mix Fresh Grapes 比目魚 肉 佐菠菜 新鮮葡萄 混合蔬菜	Apple Juice 27. Hawaiian Chicken Legs Brown Rice Sautéed Mustard Greens Sliced Canned Peaches 夏威夷烤雞 糙米飯 罐裝水蜜桃	Grape Juice 28. Beef & Turkey Meatloaf w/ Mushroom Gravy Baked Potatoes Broccoli w/ Toasted Garlic Fresh Tangerine 牛肉火雞綜合肉 丸 佐香菇汁	Orange Juice 29. BBQ Chicken Leg Quarters Brown Rice w/ Pigeon Peas Cabbage & Apple Slaw Fruited Jell-O BBQ 烤雞腿 糙米飯 佐 鴿子豆 高麗菜 蘋果沙拉	Apple Juice 30. Stewed Codfish w/ Eggplant Brown Rice Mixed Green Salad Fresh Watermelon 燉鱈魚 佐 茄子 糙米飯	