

2024年10月菜單

星期一	星期二	星期三	星期四	星期五	星期六
	1 芋頭焗排骨 椰菜花, 紅蘿蔔 蘋果	2 奶油蘑菇汁焗魚塊 椰菜, 毛豆 橙	3 腐乳焗雞肉 紅椒, 芽菜 蘋果	4 五香焗火雞肉 西蘭花, 紅蘿蔔 橙	5 豉汁雞扒飯 西蘭花 蘋果
7 沙爹焗雞 四季豆, 紅菜頭 柑	8 燒汁迷迭香豬牛肉丸 青豆, 紅蘿蔔, 秋葵 香蕉	9 羅勒香草醬焗魚塊 白菜, 紅蘿蔔 蘋果	10 黑椒蜜汁焗排骨 椰菜, 紅蘿蔔 香蕉	11 泰式甜辣醬焗雞翼 青紅椒 橙	12 茄汁豬排意粉 椰菜 蘋果
14 原居民日 中心休息	15 花椒焗魚塊 青江菜, 紅蘿蔔 橙	16 麻油蒜蓉焗火雞肉 西蘭花, 紅蘿蔔 香蕉	17 蠔油燕麥焗免治牛肉 椰菜花, 紅蘿蔔 蘋果	18 是拉差燒烤醬焗雞翼比 青黃意瓜 橙	19 黑椒雞扒意粉 西蘭花 蘋果
21 黑椒奶油焗雞扒 紹菜, 紅椒 蘋果	22 柱候醬焗牛肉 椰菜花, 紅蘿蔔 香蕉	23 柚子醬焗魚塊 椰菜, 紅蘿蔔 橙	24 梅子醬焗雞全脾 青椒, 蘑菇 香蕉	25 南瓜醬焗豬肉 芥菜 橙	26 洋蔥豬排飯 椰菜 蘋果
28 糖醋焗魚塊 西蘭花, 紅蘿蔔 蘋果	29 蒜蓉豆豉焗排骨 椰菜花, 紅蘿蔔 香蕉	30 肉汁焗火雞 鷹嘴豆, 菠菜 柑	31 雪菜牛肉 椰菜, 粟米仔 蘋果		

從 2024 年 10 月 5 日開始, 我們將恢復在建民中心及成龍中心供應的星期六營養餐(上午11:30至下午12:30)。

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。



October 2024 Menu

Mon	Tue	Wed	Thu	Fri	Sat
	1 Baked Spareribs w/Taro Sauce Cauliflower & Carrots Apple	2 Baked Fish w/Creamy Mushroom Sauce Green Cabbage & Edamame Orange	3 Baked Chicken w/Fermented Tofu Sauce Red Pepper & Bean Sprouts Apple	4 Baked Turkey Thigh w/Five Spice Sauce Broccoli & Carrots Orange	5 Soy Sauce Chicken w/ Rice Broccoli Apple
7 Baked Chicken w/Satay Sauce Green Beans & Beets Mandarin Orange	8 Braised Meatballs w/Rosemary & Teriyaki Sauce Green Peas, Okra & Carrots Banana	9 Baked Fish w/Basil Pesto Sauce Bok Choy & Carrots Apple	10 Baked Pork Spareribs w/Black Pepper & Honey Sauce Green Cabbage & Carrots Banana	11 Baked Chicken Wings w/Thai Style Sweet & Chili Sauce Green & Red Bell Pepper Orange	12 Tomato Sauce Pork Chop w/ Spaghetti Cabbage Apple
14 Indigenous Peoples Day Center Closed	15 Baked Fish w/Peppercorn Sauce Shanghai Bok Choy & Carrots Orange	16 Baked Turkey Thigh w/Garlic & Sesame Oil Broccoli & Carrots Banana	17 Minced Beef w/Oatmeal & Oyster Sauce Cauliflower & Carrots Apple	18 Baked Chicken Drumette w/Shiracha & BBQ Sauce Zucchini & Yellow Squash Orange	19 Black Pepper Chicken w/ Spaghetti Broccoli Apple
21 Baked Chicken Thigh w/Black Pepper & Cream Sauce Napa Cabbage w/Red Pepper Apple	22 Beef w/Chu Hou Sauce Cauliflower & Carrots Banana	23 Baked Fish w/Citrus Sauce Green Cabbage & Carrots Orange	24 Baked Chicken Quarter Leg w/Plum Sauce Green Pepper & Mushroom Banana	25 Baked Pork w/Pumkin Sauce Mustard Greens Orange	26 Onion Pork Chop w/ Rice Cabbage Apple
28 Baked Fish w/Sweet Vinegar Broccoli & Carrots Apple	29 Baked Spareribs w/Garlic & Black Bean Cauliflower & Carrots Banana	30 Braised Turkey Thigh w/Gravy Sauce Garbanzo Bean & Spinach Mandarin Orange	31 Beef w/pickles Cabbage Green Cabbage & Baby Corn Apple		

Effective October 5, 2024, the Saturday Brunch program (from 11:30AM - 12:30PM) will resume at Geen Mun and Jackie Chan Senior Center

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.

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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。



Date		Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Time		Oct-1	Oct-2	Oct-3	Oct-4	Oct-5
9:30-10:30		9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	
		9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	
		10:00 - 11:00 初級綫舞班 Beginners Line Dance		9:30-11:30 總是活躍運動 Always Active	9:30-10:30 你講我講大家講 Group Diussion	
10:30-11:30		10:30-11:30 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	10:30-11:30 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	
11:30-12:30		11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
		12:00-1:30 當令藥膳保健 Chinese Herbs & Health	11:30-12:30 社聯網快訊 Community info updates	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	11:30-12:30 太極 Taichi	
			12:00-1:00 越食越健康 Eat&Health		12:00-1:30 當令藥膳保健 Chinese Herbs & Health	
	12:00-1:30 當令藥膳保健 Chinese Herbs & Health					12:00-1:30 當令藥膳保健 Chinese Herbs & Health
1:30-2:30		2:00-3:00 中國歷史 Chinese History				
Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Time	Oct-7	Oct-8	Oct-9	Oct-10	Oct-11	Oct-12
9:30-10:30	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	
	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	
	9:30-11:30 總是活躍運動 Always Active	10:00 - 11:00 初級綫舞班 Beginners Line Dance		9:30-11:30 總是活躍運動 Always Active	9:30-10:30 你講我講大家講 Group Diussion	
10:30-11:30	10:30-11:30 健康資訊講座 Health Education		10:30-11:30 齊齊唱出好音樂 Singing Class		10:30-11:30 齊齊唱出好音樂 Singing Class	
11:30-12:30	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
	11:30-12:30 太極 Taichi	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	11:30-12:30 定心Q&A Stress Q&A	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	11:30-12:30 太極 Taichi	
	12:00-1:30 當令藥膳保健 Chinese Herbs & Health		12:00-1:00 越食越健康 Eat&Health		12:00-1:30 當令藥膳保健 Chinese Herbs & Health	
			12:00-1:30 當令藥膳保健 Chinese Herbs & Health			
1:30-2:30	1:30-3:30 英語會話班 English Class	2:00-3:00 中國歷史 Chinese History				

Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Time	Oct-14	Oct-15	Oct-16	Oct-17	Oct-18	Oct-19
9:30-10:30	Indigenous People Day 原住民日	9:30-10:30 瑜珈 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜珈 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	
		9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	
		10:00 - 11:00 初級綫舞班 Beginners Line Dance	9:30-10:30 椅上伸展操 Chair Exercise	9:30-11:30 總是活躍運動 Always Active	9:30-10:30 你講我講大家講 Group Diussion	
		10:30-11:30 齊齊唱出好音樂 Singing Class		10:30-11:30 齊齊唱出好音樂 Singing Class		
		11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
		12:00-1:30 當今藥膳保健 Chinese Herbs & Health	12:00-1:30 當今藥膳保健 Chinese Herbs & Health	12:00-1:00 越食越健康 Eat&Health	11:30-12:30 太極 Taichi	
10:30-11:30				12:00-1:30 當今藥膳保健 Chinese Herbs & Health	12:00-1:30 當今藥膳保健 Chinese Herbs & Health	
1:30-2:30		2:00-3:00 中國歷史 Chinese History	2:00-3:00 Kaiser Permanente 健康講座 Kaiser Permanente Health Education			
Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Time	Oct-21	Oct-22	Oct-23	Oct-24	Oct-25	Oct-26
9:30-10:30	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜珈 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜珈 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	
	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	
	9:30-11:30 總是活躍運動 Always Active	10:00 - 11:00 初級綫舞班 Beginners Line Dance	9:30-10:30 椅上伸展操 Chair Exercise	9:30-11:30 總是活躍運動 Always Active	9:30-10:30 你講我講大家講 Group Diussion	
10:30-11:30	10:30-11:30 健康資訊講座 Health Education		10:30-11:30 齊齊唱出好音樂 Singing Class		10:30-11:30 齊齊唱出好音樂 Singing Class	
11:30-12:30	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
	11:30-12:30 太極 Taichi		11:30-12:30 Stress Relief 定心講座		11:30-12:30 太極 Taichi	
	12:00-1:30 當今藥膳保健 Chinese Herbs & Health	12:00-1:30 當今藥膳保健 Chinese Herbs & Health	12:00-1:00 越食越健康 Eat&Health	12:00-1:30 當今藥膳保健 Chinese Herbs & Health		12:00-1:30 當今藥膳保健 Chinese Herbs & Health
1:30-2:30	1:30-3:30 英語會話班 English Class	2:00-3:00 中國歷史 Chinese History				

Date Time	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四		
	Oct-28	Oct-29	Oct-30	Oct-31		
9:30-10:30	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise		
	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜珈 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜珈 Yoga Exercise		
	9:30-11:30 總是活躍運動 Always Active	10:00 - 11:00 初級綫舞班 Beginners Line Dance		9:30-11:30 總是活躍運動 Always Active		
10:30-11:30	10:30-11:30 健康資訊講座 Health Education			10:30-11:30 齊齊唱出好音樂 Singing Class		
11:30-12:30	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time		
	11:30-12:30 太極 Taichi		12:00-1:00 越食越健康 Eat&Health			
	12:00-1:30 當令藥膳保健 Chinese Herbs & Health		12:00-1:30 當令藥膳保健 Chinese Herbs & Health		12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health
1:30-2:30	1:30-3:30 英語會話班 English Class	2:00-3:00 中國歷史 Chinese History				

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 安老自助處主辦。服務經費部份由三藩市殘障人士及長者服務部及其他機構贊助。

Classes and activities are subject to change. Contact Benny Chan (415) 677-7607
 課程和活動可能會變動,有關活動詳情請向陳先生查詢。查詢電話:(415) 677-7607