



Phone: 604-299-5754

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Website: www.mealsonwheels-burnaby.com

Chinese Meals on Wheels Menu

Meals Prepared by: S.U.C.C.E.S.S. Simon K.Y. Lee Seniors Care Home

	Monday	Wednesday	Friday
Week 1	<ul style="list-style-type: none"> • Chicken Feet, Peanut and Black Eye Bean Soup <ul style="list-style-type: none"> • Steamed Fish and Tofu with Preserved Bean and Garlic Sauce • Seasonal Vegetables 	<ul style="list-style-type: none"> • Dried Octopus and Vegetable Melon Soup <ul style="list-style-type: none"> • Baked Pork Chop, Western style • Mixed Vegetables 	<ul style="list-style-type: none"> • Chinese Ginseng and Pork Shank Soup <ul style="list-style-type: none"> • Braised Chicken with Carrot and Potato, Portuguese Style • Mixed Vegetables
Week 2	<ul style="list-style-type: none"> • Black Bean and Chicken Soup • Baked Chicken Drumstick with Galangal Sauces <ul style="list-style-type: none"> • Seasonal Vegetables 	<ul style="list-style-type: none"> • Papaya, Peanut and White Fungus Soup • Braised Chicken with Salt and Sour Vegetables, Black Bean & Garlic Sauce <ul style="list-style-type: none"> • Seasonal vegetables 	<ul style="list-style-type: none"> • Mushroom and Chicken Feet Soup <ul style="list-style-type: none"> • Steamed Egg with Seafood • Seasonal vegetables
Week 3	<ul style="list-style-type: none"> • Chinese Herbal Soup • Steamed Fish with Preserved Vegetables <ul style="list-style-type: none"> • Seasonal Vegetables 	<ul style="list-style-type: none"> • Sweet Corn and Pork Spleen Soup <ul style="list-style-type: none"> • Steamed Egg with Minced Pork • Seasonal Vegetables 	<ul style="list-style-type: none"> • Walnut, Lotus Seed and Port Shank Soup <ul style="list-style-type: none"> • Braised Seafood and Tofu with Chu Hou Sauce • Seasonal Vegetables
Week 4	<ul style="list-style-type: none"> • Black Bean and Pork Shank Soup • Braised Chicken Drumstick with Soya Sauce <ul style="list-style-type: none"> • Seasonal Vegetables 	<ul style="list-style-type: none"> • Carrot, Green Turnip and Pork Shank Soup <ul style="list-style-type: none"> • Braised Fish with White Turnip • Seasonal Vegetables 	<ul style="list-style-type: none"> • Sweet Corn and Turkey Soup • Braised Minced Pork & Tofu with Preserved Vegetables <ul style="list-style-type: none"> • Seasonal Vegetables



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中餐送餐服務 — 中僑李國賢護理安老院 四週之午餐菜單

	星期一	星期三	星期五
第一周	眉豆, 花生雞腳湯 豉汁豆腐蒸魚 時菜	鯧魚節瓜湯 西式焗豬扒 什菜豆	參鬚豬月展湯 葡汁薯仔炆雞 什菜豆
第二周	黑豆老雞湯 沙薑雞肫 時菜	木瓜雪耳花生湯 豉椒味菜雞肉 什菜豆	冬菇雞腳湯 海鮮蒸蛋 時菜
第三周	清補涼湯 梅菜蒸魚 時菜	粟米豬橫脷湯 肉鬆蒸蛋 時菜	合挑蓮子豬月展湯 柱侯醬海鮮豆腐 時菜
第四周	黑豆豬月展湯 豉油雞脾 什菜豆	紅青蘿蔔豬月展湯 蘿蔔炆魚塊 什菜豆	粟米火雞湯 榨菜肉鬆豆腐 時菜