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## 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"> <li>• Chinese Herbal and Chicken Soup</li> <li>    • Steamed Fish</li> <li>• Seasonal Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin and Pork Rib Soup</li> <li>• Steamed Egg with Minced Pork and Tofu</li> <li>    • Seasonal Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut and Chicken Soup</li> <li>• Braised Seafood and Tofu with Satay Sauce</li> <li>    • Seasonal Vegetables</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Red Kidney and Pork Shank Soup</li> <li>    • Braised Chicken Drumstick with Italian Seasoning</li> <li>    • Seasonal Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot, Green Turnip and Pork Shank Soup</li> <li>• Braised Seafood and Vermicelli with Satay Sauce</li> <li>    • Seasonal Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese Herbal and Pork Shank Soup</li> <li>• Braised Minced Pork &amp; Tofu</li> <li>    • Seasonal Vegetables</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Chicken Feet, Peanut and Mei Dou Soup</li> <li>• Steamed Fish and Tofu with Ginger and Green Onion</li> <li>    • Seasonal Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Dried Bak Choy Soup</li> <li>• Grilled Fish with Peach Sauce</li> <li>    • Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Dried Octopus and Vegetable Melon Soup</li> <li>• Braised Chicken and Potato with Chee Hou Sauce</li> <li>    • Mixed Vegetables</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>• Black Bean and Chicken Soup</li> <li>• Baked Chicken Drumstick with Five Spice Powder</li> <li>    • Seasonal Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Watercress Soup</li> <li>• Braised Pepper Chicken with Sauerkraut</li> <li>    • Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Corn, Carrot and Pork Shank Soup</li> <li>• Steamed Egg with Seafood</li> <li>    • Seasonal vegetables</li> </ul>