

Yu-Ai Kai Nutrition Program Menu

4/29/24 - 5/10/24

Reservations: 408/297-4979, M-F 11:30-12:00

Suggested Contributions: \$3.00, age 60+

Meal Ticket: \$30.00 (11 meals non-refundable)

Neighborhood Meals-on-Wheels \$3.00, age 60+

(Above are suggested contributions and

fees are subject to change)



友愛会栄養食プログラム献立表

2024年 4月29日～5月10日

予約 : 408/297-4979 11:30-12:00

食費: 60歳以上の人 1食 \$3.00

11枚綴り食券 : \$30.00 (払い戻し不可)

宅配食 : 1食\$3.00 (60歳以上)

(食事代支払い可能な方は上記食事代をお願いします。

上記食事代は変更される場合もあります)

Mon. 月	Tue. 火	Wed. 水	Thurs. 木	Fri. 金
Braised Meatballs W/ Basil Pesto Sauce Green & Red Bell Pepper 4/29	Baked Chicken W/ Turmeric Coconut Sauce Green Beans & Beets 4/30	Baked Pork Spareribs w/ Bean Sauce Bok Choy & Carrots 5/1	Baked Fish w/ Creamy Garlic Lemon Sauce Green Cabbage & Carrots 5/2	Baked Chicken Wings w/ Rosemary & Oyster Sauce Green Peas, Okra & Carrots 5/3
Baked Chicken Thigh w/Black Pepper & Honey Sauce Garbanzo Bean, Cabbage & Carrots 5/6	Baked Fish W/ Sha Cha Sauce Shanghai Bok Choy & Carrots 5/7	Baked Chicken Drumette w/ Five Spice Sauce Broccoli & Carrots 5/8	Baked Pork Chop w/ Onion & Tomato Sauce Cauliflower & Carrots 5/9	Minced Beef w/ Oatmeal & Oyster Sauce Zucchini & Yellow Squash 5/10

During the construction of the kitchen remodel 4/4 through 5/10,

Meals will be catered by Moonchef in South San Francisco.

Lunch Reservations will still be required.

We appreciate your patience and understanding.

★Meal contains more than 1000 mg sodium

★主食／副食が1000mg以上の塩分を含む