

Yu-Ai Kai Nutrition Program Menu

4/8/24 -4/26/24

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8日～4月26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
Minced Pork Patty W/ Shitake Mushrooms Broccoli & Carrots 4/8	Braised Turkey Thigh W/ Gravy Sauce Spinach & Garbanzo 4/9	Baked Pork Spareribs W/ Garlic & Black Bean Sauce Kale, Napa Cabbage & Carrots 4/10	Baked Fish W/ Corn Sauce Green Cabbage & Baby Corn 4/11	Baked Chicken W/ Curry Sauce Bokchoy & Carrots 4/12
Baked Chicken Wings W/ Honey Mustard Green Peas, Corn & Carrots 4/15	Baked Fish W/ Tartar Sauce Napa Cabbage & Carrots 4/16	Minced Beef W/ Mongolian Sauce Shanghai Bok Choy 4/17	Baked Chicken Thigh W/ Teriyaki Sauce Turnip & Carrots 4/18	Baked Pork Chop W/ Lemongrass Sauce Beets & Purple Cabbage 4/19
Beef W/ Preserved Vegetables Bok Choy & Carrots 4/22	Baked Spareribs W/ Taro Sauce Cauliflower & Carrots 4/23	Baked Fish W/ Creamy Mushroom Sauce Green Cabbage & Edamame 4/24	Baked Pork W/ Albalone Cilantro Sauce Red Pepper & Bean Sprouts 4/25	Baked Turkey Thigh W/Cumin Sauce Broccoli & Carrots 4/26
Braised Meatballs W/ Basil Pesto Sauce Green & Red Bell Pepper 4/29	Baked Chicken W/ Turmeric Coconut Sauce Green Beans & Beets 4/30			

During the construction of the kitchen remodel 4/8 through 4/26,

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