



新餐單是由 5 月 25 日 2010 星期二第 3 周開始

卑詩衛生及家居護理會 (Health and Home Care Society of BC)

中餐送餐服務 - 四週之午餐菜單

	星期一	星期二	星期三	星期四	星期五
第一周	清補涼湯 梅菜蒸魚 時菜	紅腰豆豬月展湯 榨菜肉鬆豆腐 什菜豆	粟米豬橫脷湯 蔥油雞肚 時菜	淮杞雞湯 黑椒汁扒魚塊 時菜	合桃蓮子豬月展湯 海鮮蒸蛋 時菜
第二周	黑豆豬月展湯 五香焗雞脾 什菜豆	平果排骨湯 粟米肉粒豆腐 時菜	淮杞豬月展湯 甜酸魚塊 什菜豆	紅青蘿蔔豬月展湯 肉鬆豆腐蒸蛋 時菜	粟米火雞湯 豉椒味菜豬肉 時菜
第三周	眉豆, 花生雞腳湯 沙爹海鮮粉絲 時菜	清補涼湯 沙薑雞肚 時菜	白菜乾湯 紅蘿蔔炆豬肉 什菜豆	鱈魚節瓜湯 豉汁豆腐蒸魚 時菜	北芪黨參豬月展湯 梅汁焗雞肚 什菜豆
第四周	木瓜雪耳花生湯 紅蘿白, 薯仔炆雞 時菜	西洋菜湯 沙律醬焗三文魚 時菜	黑豆老雞湯 洋葱薯仔炆雞翼 什菜豆	粟米紅蘿白豬月展湯 肉鬆蒸蛋 時菜	冬菇雞腳湯 粟米魚塊 時菜

如需要服務, 請於辦公時間內, 星期一至星期五, 上午九時至中午十二時致電 604 292 7200 留下口訊。

請在送餐時間內 上午 10:30 至中午 1:00, 留在家裏待接午餐。

為了你的安全, 當你不在家時, 義工不會留下你的午餐。

如需要改餐或取消送餐服務, 請不要少於一個工作日的中午前通知, 否則仍照常收費。

請注意! 公眾假期是不會提供送餐服務。

午餐發票是每月寄出, 付款可用信用卡, 支票或銀行本票。義工是不許代收付款。現金付款, 請親臨卑詩衛生及家居護理會的辦事處(不設找贖)。



Health and Home Care Society of BC – Chinese Meals on Wheels Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Menu Week # 1	<ul style="list-style-type: none"> Chinese Herbal Soup Steamed Fish with Mui Choy Seasonal Vegetables 	<ul style="list-style-type: none"> Red Kidney Bean and Pork Shank Soup Braised Minced Pork and Tofu with Preserved Spicy Vegetables Seasonal Vegetables 	<ul style="list-style-type: none"> Sweet Corn and Pork Spleen Soup Steamed Chicken with Ginger and Green Onion Sauce Seasonal Vegetables 	<ul style="list-style-type: none"> Chinese Herbal and Chicken Soup Braised Fish with Black Pepper Sauce Seasonal Vegetables 	<ul style="list-style-type: none"> Walnut, Lotus Seed and Port Shank Soup Steamed Egg with Seafood Seasonal Vegetables
Menu Week # 2	<ul style="list-style-type: none"> Black Bean and Pork Shank Soup Baked Chicken with Five Spice Powder Seasonal Vegetables 	<ul style="list-style-type: none"> Apple and Pork Rib Soup Braised Diced Pork with Sweet Corn sauce Seasonal Vegetables 	<ul style="list-style-type: none"> Chinese Herbal and Pork Shank Soup Braised Fish with Sweet and Sour Sauce Seasonal Vegetables 	<ul style="list-style-type: none"> Carrot, Green Turnip and Pork Shank Soup Steamed Egg and Minced Port and Tofu Seasonal Vegetables 	<ul style="list-style-type: none"> Sweet corn and Turkey Soup Braised Pork with Salt and Sour Vegetable Seasonal Vegetables
Menu Week # 3	<ul style="list-style-type: none"> Chicken Feet, Peanut and Black Eye Bean Soup Braised Vermicelli and Seafood with Satay sauce Seasonal Vegetables 	<ul style="list-style-type: none"> Chinese Herbal Soup Baked Chicken Drumstick with Galangal Powder Seasonal Vegetables 	<ul style="list-style-type: none"> Dried Bak Choy Soup Braised Pork Butt with Carrot Mixed Vegetables 	<ul style="list-style-type: none"> Dried Octopus and Vegetable Melon Soup Steamed fish and Tofu with Black Bean and Garlic Sauces Seasonal Vegetables 	<ul style="list-style-type: none"> Chinese Herbal and Pork Shank Soup Bake Chicken Drumstick with Prune Sauce Mixed Vegetables
Menu Week # 4	<ul style="list-style-type: none"> Papaya, Peanut and White Fungus Soup Braised Chicken with Carrot and Potato Seasonal Vegetables 	<ul style="list-style-type: none"> Watercress Soup Baked Fish with Mayonnaise Seasonal Vegetables 	<ul style="list-style-type: none"> Black Bean and Chicken Soup Braised Chicken Wing and Potato with preserved Black Bean and Garlic Sauce Seasonal vegetables 	<ul style="list-style-type: none"> Sweet Corn, Carrot and Pork Shank Soup Steamed Egg with Minced Pork Seasonal Vegetables 	<ul style="list-style-type: none"> Dried Mushroom and Chicken Feet Soup Baked Fish with Sweet Corn Sauce Seasonal vegetables

For service in Chinese call (604) 292-7200 Monday to Friday between 9:00 a.m. and 12:00 p.m.
 You must be home between 10:30 a.m. and 1:00 p.m. in order to receive your delivery.
 For your safety, volunteers will NOT leave meals for you if you are not home.
 Please allow one-business day's notice to make changes or cancellations so that you will not be charges.

PLEASE NOTE! Delivery is **not** available on **Statutory Holidays**.

Invoices are mailed monthly, and payment can be made by Visa, Master Card, cheque, or money order. Volunteers are not permitted to accept payment.
 Cash payment can be made in person at the Health and Home Care Society of BC office. (Exact payment only please.)