



Chinese Meals on Wheels Schedule

For service in Cantonese or Mandarin call 604-733-6615 Mon – Fri (8:30 am - 4 pm)

Chinese Meals on Wheels options change on a 4-week rotation.

2021 (from July 5)		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Jul 5-Jul 9 Aug 2-Aug 6 Aug 30-Sep 3 Sep 27-Oct 1 Oct 25-Oct 29 Nov 22-Nov 26 Dec 20-Dec 24	Chicken Feet, Peanut and Mei Dou Soup/Soup of the day Steamed Fish with Preserved Vegetables Seasonal Vegetables	Chinese Herbal Soup Braised Chicken Drumsticks with Italian Seasoning Seasonal Vegetables	Dried Bok Choy Soup/Soup of the day Braised Diced Fish with Sweet Corn Sauce Seasonal Vegetables	Mushroom, Cordyceps Flowers and Pork Shank Soup Grilled Pork Chop in Japanese style Seasonal Vegetables	Dried Octopus and Fuzzy Melon Soup/Soup of the day Braised Chicken and Potato with Portuguese Sauce Mixed Vegetables
WEEK 2	Jul 12-Jul 16 Aug 9-Aug 13 Sep 6-Sep 10 Oct 4-Oct 8 Nov 1-Nov 5 Nov 29-Dec 3 Dec 27-Dec 31	Black Bean and Chicken Soup/Soup of the day Baked Chicken Drumsticks with Five Spicy Powder Seasonal Vegetables	Papaya, Peanut and White Fungus Soup Braised Fish with Onion and Tomato Sauce Seasonal Vegetables	Watercress Soup/Soup of the day Grilled Chicken in Korean Style Seasonal vegetables	Mushroom and Chicken Feet Soup Braised Diced Pork & Tofu with Preserved Vegetables Seasonal Vegetables	Sweet Corn, Carrot and Pork Shank Soup/Soup of the day Steamed Egg with Seafood Seasonal vegetables
WEEK 3	Jul 19-Jul 23 Aug 16-Aug 20 Sep 13-Sep 17 Oct 11-Oct 15 Nov 8-Nov 12 Dec 6-Dec 10	Chinese Herbal and Chicken Soup/Soup of the day Steamed Fish and Tofu with Ginger and Green Onion Seasonal Vegetables	Black Bean and Pork Shank Soup Baked Chicken Drumsticks with Soya Sauce Seasonal Vegetables	Pumpkin and Pork Rib Soup/Soup of the day Steamed Three Colored Egg with Minced Pork and Tofu Seasonal Vegetables	Sweet Corn and Pork Spleen Soup Grilled Fish with Peach Sauce Seasonal Vegetables	Coconut and Chicken Soup/Soup of the day Braised Seafood and Tofu with Satay Sauce Seasonal Vegetables
WEEK 4	Jul 26-Jul 30 Aug 23-Aug 27 Sep 20-Sep 24 Oct 18-Oct 22 Nov 15-Nov 19 Dec 13-Dec 17	Red Kidney and Pork Shank Soup/Soup of the day Braised Chicken Drumettes with Onion Seasonal Vegetables	Apple and Pork Rib Soup Pan-fried Fish in Korean Style Seasonal Vegetables	Carrot, Green Turnip and Pork Shank Soup/Soup of the day Braised Seafood and Vermicelli with Satay Sauce Seasonal Vegetables	Sweet Corn and Turkey Soup Braised Chicken with Winter Melon, Cloud Fungus & Vermicelli Seasonal Vegetables	Chinese Herbal and Pork Shank Soup/Soup of the day Braised Minced Pork & Tofu with Salted Fish Seasonal Vegetables

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

2021		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	7月 5-7月 9 8月 2-8月 6 8月 30-9月 3 9月 27-10月 1	10月 25-10月 29 11月 22-11月 26 12月 20-12月 24	眉豆, 花生雞腳湯 / 是日例湯 梅菜蒸魚 時菜	清補涼湯 香草焗雞胗 時菜	白菜乾湯/ 是日例湯 粟米魚塊 什菜豆	冬菇蟲草花豬月展湯 日式洋蔥豬扒 時菜	鯉魚節瓜湯/ 是日例湯 葡汁薯仔炆雞 什菜豆
WEEK 2	7月 12-7月 16 8月 9-8月 13 9月 6-9月 10 10月 4-10月 8	11月 1-11月 5 11月 29-12月 3 12月 27-12月 31	黑豆老雞湯/ 是日例湯 五香雞胗 時菜	木瓜雪耳花生湯 洋葱蕃茄炆魚塊 時菜	西洋菜湯/ 是日例湯 韓式雞球 什菜豆	冬菇雞腳湯 欖菜肉粒炆豆腐 什菜豆	粟米紅蘿蔔豬月展/ 是日例湯 海鮮蒸蛋 時菜
WEEK 3	7月 19-7月 23 8月 16-8月 20 9月 13-9月 17	10月 11-10月 15 11月 8-11月 12 12月 6-12月 10	淮杞雞湯/ 是日例湯 薑葱豆腐蒸魚 時菜	黑豆豬月展湯 豉油雞脾 什菜豆	南瓜排骨湯/ 是日例湯 肉鬆三色蒸蛋 時菜	粟米豬橫利湯 蜜桃扒魚塊 時菜	海底椰老雞湯/ 是日例湯 沙爹海鮮豆腐 時菜
WEEK 4	7月 26-7月 30 8月 23-8月 27 9月 20-9月 24	10月 18-10月 22 11月 15-11月 19 12月 13-12月 17	紅腰豆豬月展湯/ 是日例湯 香草焗雞胗 什菜豆	平果排骨湯 韓式煎魚 時菜	紅青蘿蔔豬月展湯/ 是日例湯 沙爹醬海鮮粉絲 什菜豆	粟米火雞湯 冬瓜雲耳粉絲炆雞 時菜	淮杞豬月展湯/ 是日例湯 鹹魚肉鬆豆腐 時菜

- 如需要華語服務, 請於辦公時間內, 星期一至星期五, 上午 8:30 至下午 4:00 致電 604-733-6615
 - 我們會個別通知受影響的客人
- 請在送餐時間內 上午 10:30 至中午 1:30, 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, 請必須在前一個工作日的中午前通知, 否則仍照常收費。
- 請注意: 公眾假期不會提供送餐服務!
午餐發票每月寄出, 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)。