



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

(2018年9月4日 - 2018年12月31日)

2018	星期一	星期二	星期三	星期四	星期五
第一周 9月 3-7 10月 1-5 10月 29 - 11月 2 11月 26-30 12月 24-28	眉豆花生雞腳湯 薑蔥豆腐蒸魚 時菜	清補涼湯 洋葱炆雞翼 時菜	白菜乾湯 蜜汁扒魚塊 什菜豆	冬菇蟲草花豬腱湯 日式洋葱豬扒 時菜	鯧魚節瓜湯 柱侯薯仔炆雞 什菜豆
第二周 9月 10-14 10月 8-12 11月 5-9 12月 3-7	黑豆老雞湯 五香雞肫 時菜	木瓜雪耳花生湯 冬菇火腿蒸魚塊 時菜	西洋菜湯 豉椒味菜雞肉 什菜豆	冬菇雞腳湯 鹹魚肉粒炆豆腐 什菜豆	粟米紅蘿蔔豬腱湯 海鮮蒸蛋 時菜
第三周 9月 17-21 10月 15-19 11月 12-16 12月 10-14	淮杞雞湯 梅菜蒸魚 時菜	黑豆豬腱湯 豉油雞脾 什菜豆	南瓜排骨湯 肉鬆豆腐蒸蛋 時菜	粟米豬橫利湯 洋葱蕃茄炆魚塊 時菜	海底椰老雞湯 沙爹海鮮豆腐 時菜
第四周 9月 24-28 10月 22-26 11月 19-23 12月 17-21	紅腰豆豬腱湯 香草焗雞肫 什菜豆	蘋果排骨湯 沙律醬焗魚塊 時菜	紅青蘿蔔豬腱湯 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	淮杞豬腱湯 欖菜肉鬆豆腐 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
- 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)。

Health & Home Care Society of BC, 204 - 3077 Granville Street, Vancouver, BC, V6H 3J9 Phone (604) 733-6615 Fax (604) 733-6698



Health and Home Care Society of BC - Chinese Meals on Wheels Menu (September 4th, 2018 – December 31st, 2018)

2018		Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 1	Sep 3-7 Oct 1-5 Oct 29-Nov 2 Nov 26-30 Dec 24-28	<i>Chicken Feet, Peanut and Black Eye Bean Soup</i> Steamed Fish & Tofu with Ginger & Green Onion <i>Seasonal Vegetables</i>	<i>Chinese Herbal Soup</i> Braised Chicken Wings with Onion <i>Seasonal Vegetables</i>	<i>Dried Bok Choy Soup</i> Grilled Fish with Sweet Sauce <i>Mixed Vegetables</i>	<i>Mushroom, Cordyceps Flowers & Pork Shank Soup</i> Grilled Pork Chop Japanese style <i>Seasonal Vegetables</i>	<i>Dried Octopus and Vegetable Melon Soup</i> Braised Chicken and Potato with Chee Hau Sauce <i>Mixed Vegetables</i>
W E E K 2	Sep 10-14 Oct 8-12 Nov 5-9 Dec 3-7	<i>Black Bean & Chicken Soup</i> Baked Chicken Drumstick with Five Spice Powder <i>Seasonal Vegetables</i>	<i>Papaya, Peanut and White Fungus Soup</i> Steamed Fish with Chinese Mushroom and Ham <i>Seasonal Vegetables</i>	<i>Watercress Soup</i> Braised Chicken with Preserved Vegetables, Black Bean & Garlic Sauce <i>Seasonal vegetables</i>	<i>Mushroom and Chicken Feet Soup</i> Braised Tofu with Diced Pork and Salted Fish <i>Mixed Vegetables</i>	<i>Sweet Corn, Carrot and Pork Shank Soup</i> Steamed Egg with Seafood <i>Seasonal Vegetables</i>
W E E K 3	Sep 17-21 Oct 15-19 Nov 12-16 Dec 10-14	<i>Chinese Herbal and Chicken Soup</i> Steamed Fish with Preserved Vegetables <i>Seasonal Vegetables</i>	<i>Black Bean and Pork Shank Soup</i> Baked Chicken Drumstick with Soya Sauce <i>Mixed Vegetables</i>	<i>Pumpkin and Pork Rib Soup</i> Steamed Egg with Minced Pork and Tofu <i>Seasonal Vegetables</i>	<i>Sweet Corn and Pork Spleen Soup</i> Braised Fish with Onion and Tomato Sauce <i>Seasonal Vegetables</i>	<i>Sea Coconut and Chicken Soup</i> Braised Seafood and Tofu with Satay Sauce <i>Seasonal Vegetables</i>
W E E K 4	Sep 24-28 Oct 22-26 Nov 19-23 Dec 17-21	<i>Red Kidney Beans and Pork Shank Soup</i> Braised Chicken Drumstick with Italian Seasoning <i>Mixed Vegetables</i>	<i>Apple and Pork Rib Soup</i> Baked Fish with Mayonnaise <i>Seasonal Vegetables</i>	<i>Carrot, Green Turnip and Pork Shank Soup</i> Braised Seafood and Vermicelli with Satay Sauce <i>Seasonal Vegetables</i>	<i>Sweet Corn and Turkey Soup</i> Braised Chicken with Winter Melon, Cloud Fungus & Vermicelli <i>Seasonal Vegetables</i>	<i>Chinese Herbal and Pork Shank Soup</i> Braised Minced Pork and Tofu with Preserved Vegetables <i>Seasonal Vegetables</i>

- For service in Chinese please call 604-733-6615 **Monday to Friday between 8:30 a.m. and 4 p.m.**
- Client must be home **between 10:30 a.m. and 1:00 p.m.** in order to receive delivery.
- For safety and FoodSafe reasons, volunteers will NOT leave meals outside the door.
- Changes and cancelation of meals must be made before noon of the previous business day.
- PLEASE NOTE! Delivery is **not** available on **Statutory Holidays**.

Invoices are mailed to out at the end of each month. Payment can be made by Visa, Master Card, cheque, or money order. Volunteers are not permitted to accept payment upon delivery.

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