

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 (2019年1月1日 - 2019年12月31日)

2019	星期一	星期二	星期三	星期四	星期五
第一周 1月 21-1月 25 2月 18-2月 22 3月 18-3月 22 4月 15-4月 19 5月 13-5月 17 6月 10-6月 14 7月 8-7月 12 8月 5-8月 9 9月 2-9月 6 9月 30-10月 4 10月 28-11月 1 11月 25-11月 29 12月 23-12月 27	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	鯿魚節瓜湯 柱侯薯仔炆雞 什菜豆
第二周 12月 31-1月 4 1月 28-2月 1 2月 25-3月 1 3月 25-3月 29 4月 22-4月 26 5月 20-5月 24 6月 17-6月 21 7月 15-7月 19 8月 12-8月 16 9月 9-9月 13 10月 7-10月 11 11月 4-11月 8 12月 2-12月 6 12月 30-12月 31	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 1月 7-1月 11 2月 4-2月 8 3月 4-3月 8 4月 1-4月 5 4月 29-5月 3 5月 27-5月 31 6月 24-6月 28 7月 22-7月 26 8月 19-8月 23 9月 16-9月 20 10月 14-10月 18 11月 11-11月 15 12月 9-12月 13	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 1月 14-1月 18 2月 11-2月 15 3月 11-3月 15 4月 8-4月 12 5月 6-5月 10 6月 3-6月 7 7月 1-7月 5 7月 29-8月 2 8月 26-8月 30 9月 23-9月 27 10月 21-10月 25 11月 18-11月 22 12月 16-12月 20	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 and Home Care Society of BC - Chinese Meals on Wheels Menu (January 1st , 2019 – December 31st, 2019)

2019			Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Jan 21 -25 Feb 18-22 Mar 18-22 Apr 15 -19 May 13 -17 June 10 -14	Jul 8-12 Aug 5-9 Sep 2-6 Sep 30 – Oct 4 Oct 28 – Nov 1 Nov 25-29 Dec 23-27	<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>
	Dec 31 – Jan 4 Jan 28 – Feb 1 Feb 25 –Mar 1 Mar 25-29 Apr 22-26 May 20 – 24 Jun 17 – 21	Jul 15 -19 Aug 12-16 Sep 9-13 Oct 7-11 Nov 4 -8 Dec 2-6 Dec 30-31	<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>
	Jan 7 -11 Feb 4-8 Mar 4-8 Apr 1-5 Apr 29-May 3 May 27-31 Jun 24-28	Jul 22-26 Aug 19-23 Sep 16-20 Oct 14-18 Nov 11-15 Dec 9-13	<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>
	Jan 14-18 Feb 11-15 Mar 11-15 Apr 8-12 May 6-10 Jun 3-7	Jul 1-5 Jul 29-Aug 2 Aug 26-30 Sep 23-27 Oct 21-25 Nov 18-22 Dec 16-20	<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.

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