

# December 2024

## Eat, Chat, Thrive Lunch Program

Seniors 55+

十二月

Write down the number  
of meals you want to  
register for take out  
and/or dine-in

Menu

Take Out 外賣  
Dine In 堂食

10:45	11:30	11:45			
			Monday 星期一	2	Beef liver or veal cutlet w bacon, onions & gravy, baked potato, vegetables 煎焗牛肝或吉列牛仔肉, 煙肉, 洋蔥和醬汁, 焗薯仔, 菜。
			Tuesday 星期二	3	Breaded sole with Asian style creamed corn sauce, rice, vegetables 中式玉米忌濼汁焗魚柳, 飯, 菜。
			Thursday 星期四	5	Closed for Special Event. 餐房將用作聖誕午餐
			Friday 星期五	6	Closed for Special Event. 餐房將用作聖誕午餐
			Monday 星期一	9	Breaded chicken breast stuffed with with broccoli & cheese, mixed rice & grains pilaf, vegetables 烤焗百加利芝士釀雞胸, 麥米飯, 菜。
			Tuesday 星期二	10	Housemade ground beefsteak with mushroom sauce, egg noodles, vegetables 自家制碎牛肉漢堡扒, 蘑菇醬汁, 蛋麵, 菜。
			Thursday 星期四	12	Mediterranean chicken Marbella with wine, prunes and olives; potato, vegetables 地中海式馬貝拉烤雞, 薯仔, 菜。
			Friday 星期五	13	Asian lemongrass pork chop, rice, vegetables 香茅豬扒, 飯, 菜。
			Monday 星期一	16	Parmesan crusted salmon with leek sauce, potato, vegetables 巴馬臣芝士焗三文魚, 白汁, 薯仔, 菜。
			Tuesday 星期二	17	French Canadian tourtiere (holiday meat pie), winter salad 法裔加拿大人的聖誕節肉派, 冬日沙律。
			Thursday 星期四	19	Red snapper with coconut milk & Thai basil, rice, vegetables 香草椰汁焗紅斑魚柳, 飯, 菜。
			Friday 星期五	20	Donzi Festival (Winter Solstice) - Chinese style BBQ pork ribs, rice, vegetables 冬至: 中式燒排骨, 飯, 菜。

Closed for Holiday Season until Monday, January 6, 2025  
中心假期休息至二〇二五年一月六日星期一重開。

