

March 2025

年三月長者

中心餐單

EAT, CHAT, THRIVE

LUNCH PROGRAM

SENIORS 55+

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	MONDAY 星期一	3	TURKEY CUTLET WITH PERSIAN SPICES & TAHINI SAUCE ; YAMS, VEGETABLES. 香草芝麻醬吉列火雞扒, 蕃薯, 菜。
10:45	11:30	TUESDAY 星期二	4	KILLARNEY'S SIGNATURE MEATBALLS, SPAGHETTI & MARINARA SAUCE, SALAD, GARLIC BREAD. 長者中心招牌肉丸茄醬意粉, 沙律, 蒜蓉包。
10:45	11:30	THURSDAY 星期四	6	JAPANESE STYLE CURRY CHICKEN WITH KABOCHA SQUASH, RICE, VEGETABLES. 日式南瓜咖哩雞, 飯, 菜。
10:45	11:30	FRIDAY 星期五	7	SAUTÉED PRAWNS WITH ROASTED ALMONDS, CELERY, PEPPERS; RICE, VEGETABLES. 杏仁西芹青椒粒煎大蝦, 飯, 菜。
10:45	11:30	MONDAY 星期一	10	CRISPY BREADED SOLE WITH MUSTARD SAUCE, MIXED GRAINS & RICE, VEGETABLES. 吉列魚柳, 芥醬, 麥米飯, 菜。
10:45	11:30	TUESDAY 星期二	11	CLASSIC ITALIAN STYLE LASAGNA WITH LAYERS OF MEAT SAUCE, BESCHAMEL & CHEESE; SALAD, GARLIC BREAD. 芝士肉醬寬條意粉, 沙律, 蒜蓉包。
10:45	11:30	THURSDAY 星期四	13	CHICKEN BREAST "MILANESE" WITH HERBS, PANKO & PARMESAN; POTATOES, SALAD. 米蘭人式香草巴馬臣芝士焗雞胸, 薯仔, 沙律。
10:45	11:30	FRIDAY 星期五	14	GRILLED PORK WITH KOREAN BBQ SAUCE, STEAMED BAO BUNS, ASIAN SALAD. 韓燒汁豬肉鐵板燒, 蒸夾包, 中式沙律。
10:45	11:30	MONDAY 星期一	17	SAGE ROASTED PORK LOIN CHOP & GRAVY, IRISH MASHED POTATO & CABBAGE (COLCANNON), VEGETABLES. 香草醬汁豬柳扒, 愛爾蘭式椰菜薯蓉, 菜。
10:45	11:30	TUESDAY 星期二	18	BEEF LIVER OR VEAL CUTLET WITH BACON, ONION & GRAVY; BAKED POTATO ,VEGETABLES. 烤焗牛肝或吉列牛仔肉, 煙肉, 洋蔥醬汁, 焗薯仔, 菜。
10:45	11:30	THURSDAY 星期四	20	NOWRUZ (PERSIAN NEW YEAR)- RED SNAPPER WITH SAFFRON, SABZI PILAF (PERSIAN STYLE RICE), SALAD SHIRAZI WITH TOMATO, CUCUMBER & MINT. 波斯新年-藏紅花香草焗紅斑魚柳, 波斯香草飯和沙律。
10:45	11:30	FRIDAY 星期五	21	CHINESE STYLE BBQ CHICKEN LEG, EGG NOODLES WITH SESAME SEED SAUCE, VEGETABLES. 中式燒雞腿, 芝麻醬撈麵, 菜。
10:45	11:30	MONDAY 星期一	24	POLISH ROASTED KIELBASA, PEROGIES WITH ONIONS & SOUR CREAM, VEGETABLES. 波蘭香腸, 餃子, 洋蔥, 酸奶油, 菜。
10:45	11:30	TUESDAY 星期二	25	BREADED CHICKEN STUFFED WITH BROCCOLI & CHEESE; MIXED GRAINS & RICE, VEGETABLES. 烤焗芝士百加利釀雞胸, 麥米飯, 菜。
10:45	11:30	THURSDAY 星期四	27	SPRINGTIME BEEF STEW WITH VEGETABLES & BABY POTATOES; SALAD, CRUSTY BREAD. 春節-雜菜薯仔燉牛肉, 沙律, 脆皮面包。
10:45	11:30	FRIDAY 星期五	28	LEMONGRASS PORK CHOP WITH GREEN ONIONS SAUCE, COCONUT MILK RICE, VEGETABLES. 香茅豬扒, 青蔥醬, 椰汁飯, 菜。
10:45	11:30	MONDAY 星期一	31	PARMESAN CRUSTED SALMON, ITALIAN RISOTTO, VEGETABLES. 巴馬臣芝士焗三文魚, 意大利燴飯, 菜。



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