

Jan 7th Fri 一月七日週五

Beef Lentil Soup

扁豆牛肉湯

Baguette法國圓圈麵包

Roasted Yukon Gold Potato

烤加拿大金黃土豆

Brownies 巧克力餅

Jan 10th Mon一月十日週一

Garlic Chicken with Lime

Crema大蒜綠酸橙味鷄

Spanish Rice西班牙黃飯

Catalan Style Sauteed

Greens西班牙式炒青菜

Mexican Chocolate

Cookies墨西哥巧克力餅

Jan 12th Wed一月十二週三

VEGETARIAN OPTION有素食

Pasta e Fagioli

意大利豆和麵混合

Garlic Roasted Broccoli

大蒜烤花椰菜

Ginger Cookies 薑餅

Jan 14th Fri一月十四週五

Teriyaki Chicken w/Rice

串燒鷄飯

Green Salad w/Carrot

Ginger dressing

胡蘿蔔青綠沙拉

Coffee Cake咖啡蛋糕

Jan 17th Mon一月十七週一

Cumin Spiced Beef

小茴香燻牛肉

Pita 圓夾餅

Parsley & Charred Onion

Salad 歐芹和燒焦洋蔥沙拉

Buckeyes七葉樹果

Jan 19th Wed一月十九週三

Red Beans & Rice with

Sausage紅豆香腸飯

Garlic Sautéed Kale

大蒜炒羽衣甘藍

Cornbread玉米麵包

Jan 21st Fri一月廿一週五

Herb Roasted Chicken

香料烤鷄

Lemon Rice Pilaf

檸檬抓飯

Sautéed Napa Cabbage

& Shaved Sprouts

炒酸辣白菜豆芽

Strawberry Jam Bars

草莓果醬棒

Jan 24th Mon一月廿四週一

Tarragon Chicken Salad

Wrap

向日葵草本籠篙鷄沙拉捲

Three Bean Salad with

Sautéed Chard

三豆沙拉配炒甜菜

Brown Sugar Blondies

紅糖淡味餅乾

Jan 26th Wed一月廿六週三
VEGETARIAN OPTION有素食

Baked Ziti (wedding feast)
焗意大利乳酪香腸蕃茄醬麵
(婚宴菜)

Sautéed Cannelini Beans
With Broccoli
炒意大利大白豆和椰菜花
Almond Cookies杏仁餅乾

Jan 28th Fri一月廿八週五

Chicken with Chimichurri
阿根廷名醬料焗雞肉
Grain Bowl with Squash
and Arugula
南瓜芝麻菜混合穀物煲
Cinnamon Apple Bread
肉桂蘋果麵包

Jan 31st Mon 一月卅一週一

Sausage and Peppers
辣椒香腸
Dinner Roll 麵包捲
Shaved Broccoli and
Sprout Salad
切片椰菜花豆芽沙拉
Thumbprint Cookies
手指頭曲奇餅乾

Above are the menu for the month
Of January 2022 subject to change
Without notice

以上為2022年一月份餐單，如有更改

恕不另行通知

Free lunch boxes provided between
12.30 pm to 1.30 pm in Lake City

Community Center

免費午餐盒供應由中午十二時半至
下午一時半在湖城社區中心發放

Chair Yoga, Tai Chi, water color
Latin dance classes, Bingo game
Mahjong ,In our Center all free.
Please

contact Emily at 206-707-1865
for details during office hours.

另有免費興趣班:榆加、太極拳,水彩畫,拉丁舞,有獎冰高遊戲、打麻雀等。在中心舉行。請在辦公時間找Emily用英語交談
電話206-707-1865