

July 2nd Fri 七月二日週五

Citrus Rosemary Pork Chop
柑橘迷迭香豬排
Roasted Squash & Green
Bean 烤南瓜和四季豆
Dinner Roll 晚餐卷
Peach Cobbler Bar
桃子餡餅條

July 5th Mon 七月五日週一

Antipasto Pasta Salad
開胃菜意大利麵沙拉
White Bean Kale Caesar
白豆羽衣甘藍腰果沙拉
Lemon Bars
檸檬棒

July 7th Wed 七月七日週三

ICE CREAM SOCIAL
雪糕排排坐同樂日
Hot Dogs 熱狗
Coleslaw 洋白菜絲
Corn Tomato Salad
玉米蕃茄沙拉
Strawberry Pie
香草莓派餅

July 9th Fri 七月九日週五

Cowboy Pinto Beans
牛郎花豆
Corn Quesadillas
玉米墨西哥餡餅
Pico de Gallo
墨西哥辣豆醬
Mexican Chocolate Cookie
墨西哥巧克力曲奇餅

July 12th Mon 七月十二日週一

Vegetarian Option 有素食
Egg Salad Sandwiches
雞蛋沙拉三明治
Blue Cheese Apricot
Salad 藍乳酪杏桃沙拉
Blueberry Cornbread
cobbler 藍莓玉米麵包餡餅

July 14th Wed 七月十四日週三

Beef Lettuce Wraps
牛肉生菜包
Peanut Brown Rice Salad
花生糙米飯沙拉
Coconut Pudding
椰子布丁

July 16th Fri 七月十六日週五

Chicken Marbella
香草醬梅混合加黃糖白酒焗雞
Barley & Greens Salad
大麥青菜沙拉
Brown Sugar Blondies
黃糖淡味餅乾

July 19th Mon 七月十九日週一

Chicken Salad Sandwich
雞肉沙拉三明治
Marinated Zucchini Salad
醃製西葫蘆瓜沙拉
Coconut Macaroon
椰子杏仁餅

July 21st Wed 七月廿一日不見週三

Vegetarian Option 有素食
Enchilada Casserole
沙焗焗玉米粉圓餅

Mexican Street Corn
烤墨西哥玉米條
Peanut Butter Cookie
花生牛油曲奇餅

July 23rd Fri七月廿三日週五

Beef Gyro
希臘碎牛肉陀螺
Cucumber Tomato Salad
蕃茄黃瓜片沙拉
Cashew Cardamom Cookies
腰果小荳蔻曲奇餅

July 26th Mon七月廿六日週一

Vegetarian Option 有素食
Flat Bread Pizza
扁面披薩餅
Caprese Salad
意大利蕃茄奶酪沙拉
Chocolate Zucchini Bread
西葫蘆瓜巧克力麵包

July 28th Wed七月廿八日週三

Sausage & Pepper Sandwich
辣椒香腸三明治
Tahini Kale Salad
希臘芝麻醬羽衣甘藍乳酪沙拉
Blueberry Pound Cake
藍莓方塊蛋糕

July 30th Fri七月三十日週五

Vegetarian Option 有素食
Broccoli Macaroni & Cheese
西蘭花乳酪通心粉
Pesto Potato Salad
香蒜醬土豆沙拉
Sautéed Greens炒青菜

Strawberries & Cream
奶油草莓

Above are menu for the month of
July

2021 subject to change without notice
以上為2021年七月份餐單，如有變更

恕不另行通知

Free Lunch boxes provided between
12.30 pm to 1.30 pm in Lamb of God
Church

免費午餐盒供應由中午十二時半到
下午一時半

Adult Playground and Senior Walk on
Wednesdays from 11 am
每週三上午十一時有成年人遊戲和
長者慢步走

Cell Phones, Computers problem?
Come to us with your stuff every
Wednesday from

11.30 am to 1.30 pm for FREE
service

電話電腦有問題？請帶備你的問題
硬件在每週三由上午11.30至下午
1.30到上述教堂

Chair Yoga, Tai Chi. Water-
colour and Latin Dance classes , all
free of charge Available in our
Center. For details please call Emily
at 206--707-1865 for details during
office hours.另有免費學習班：瑜珈
，太極拳，水彩畫，拉丁舞。如有
興趣，請在辦公時間找Emily用英
語交談。電話206-707-1865