

# 2014H2 @吉隆坡/巴生谷慈济

## 简易素食课

第一期

课数	餐单	Kelana Jaya	Kepong	Puchong	Bukit Bintang	Klang
1	营养早餐 (1) 精力汤、小米粥	<b>3/9</b> 10am-11.30am	<b>3/9</b> 7.30pm-9.30pm	<b>4/9</b> 10am-11.30am	<b>4/9</b> 7.30pm-9.30pm	<b>14/10</b> 3.00pm-4.30pm
2	营养早餐 (2) 松仁面包酱、生机杏仁奶	<b>10/9</b> 10am-11.30am	<b>10/9</b> 7.30pm-9.30pm	<b>11/9</b> 10am-11.30am	<b>11/9</b> 7.30pm-9.30pm	<b>28/10</b> 3.00pm-4.30pm
3	简易午餐 (3) 活力沙拉、味增拉面	<b>24/9</b> 10am-11.30am	<b>24/9</b> 7.30pm-9.30pm	<b>25/9</b> 10am-11.30am	<b>25/9</b> 7.30pm-9.30pm	<b>4/11</b> 3.00pm-4.30pm
4	简易午餐 (4) 玉米沙拉、菠菜浓汤	<b>1/10</b> 10am-11.30am	<b>1/10</b> 7.30pm-9.30pm	<b>2/10</b> 10am-11.30am	<b>2/10</b> 7.30pm-9.30pm	<b>18/11</b> 3.00pm-4.30pm
5	养生晚餐 (5) 素鲜锅、黄金饭	<b>8/10</b> 10am-11.30am	<b>8/10</b> 7.30pm-9.30pm	<b>9/10</b> 10am-11.30am	<b>9/10</b> 7.30pm-9.30pm	<b>25/11</b> 3.00pm-4.30pm
6	养生晚餐 (6) 意大利蔬菜汤、彩虹小米饭	<b>15/10</b> 10am-11.30am	<b>15/10</b> 7.30pm-9.30pm	<b>16/10</b> 10am-11.30am	<b>16/10</b> 7.30pm-9.30pm	<b>2/12</b> 3.00pm-4.30pm

报名： 请查询 [http://sj.tzuchi.my/index.php?option=com\\_content&view=article&id=19&Itemid=31](http://sj.tzuchi.my/index.php?option=com_content&view=article&id=19&Itemid=31) 或

拨电 Bukit Bintang 03-21447781

Kelana Jaya 03-78809048

Klang 03-33248006

Puchong 03-58805560

Kepong 03-62563900