

# February 2023 Lunch Menu

Selfhelp Latimer Gardens Senior Center  
34-30 137th St, Flushing, NY 11354  
Telephone: 718-961-3660



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 Fish Francaise/Dill Lemon Sauce Yellow Rice Creamy Spinach Whole Wheat Bread Milk, Juice &amp; Pear</b>	<b>2 Stuffed Cabbage with Beef Kasha Varnishkes Capri Blend Vegetables Whole Wheat Bread Milk, Juice &amp; Banana</b>	<b>3 Roasted Chicken Toasted Barley and Onion Steamed Carrots Challah Bread Milk, Juice &amp; Applesauce</b>
<b>6 Shepherd Pie with Beef and Turkey Garden Salad Whole Wheat Bread Milk, Juice &amp; Apple</b>	<b>7 Chicken Marsala Yellow Rice Roasted Beets Whole Wheat Bread Milk, Juice &amp; Applesauce</b>	<b>8 Vegan Stuffed Peppers Roasted Potatoes Green Beans Whole Wheat Bread Milk, Juice &amp; Orange</b>	<b>9 Sweet and Sour Meatballs Toasted Barley and Onion Creamy Spinach Whole Wheat Bread Milk, Juice &amp; Banana</b>	<b>10 Roasted Chicken/Brown Gravy Potato Kugel Carrot Tzimmes Challah Bread Milk, Juice &amp; Kiwi</b>
<b>13 TVP Sloppy Joe Rice and Beans California Blend Vegetables Plain Hamburger Bun Milk, Juice &amp; Kiwi</b>	<b>14 Turkey Leg/Brown Gravy Whole Grain Stuffing Mashed Sweet Potatoes Vegetable Mix Milk, Juice &amp; Apple</b>	<b>15 Beef Brisket/Tomatoes &amp; Onions Mashed Potatoes Creamy Spinach Whole Wheat Bread Milk, Juice &amp; Applesauce</b>	<b>16 Fish Francaise/Creole Sauce Rice A Roni Steamed Carrots Whole Wheat Bread Milk, Juice &amp; Banana</b>	<b>17 Roasted Chicken Noodle Kugel Green Beans Challah Bread Milk, Juice &amp; Orange</b>
<b>20  CENTER CLOSED</b>	<b>21 Black Beans &amp; Mushrooms Vegan Burger Roasted Potatoes Green Bean Salad Plain Hamburger Bun Milk, Juice &amp; Applesauce</b>	<b>22 Baked Salmon Brown Rice and Black Beans Steamed Sliced Carrots Whole Wheat Bread Milk, Juice &amp; Kiwi</b>	<b>23 California Turkey Meatloaf Mashed Potatoes Mixed Vegetables Whole Wheat Bread Milk, Juice &amp; Banana</b>	<b>24 Roasted Chicken Noodle Kugel Green Beans Challah Bread Milk, Juice &amp; Orange</b>
<b>27 Beef Stuffed Cabbage Toasted Barley with Onions Capri Blend Vegetables Whole Wheat Bread Milk, Juice &amp; Orange</b>	<b>28 Teriyaki Baked Fish Yellow Rice Oriental Blend Vegetables Whole Wheat Pita Milk, Juice &amp; Pear</b>			

Menu is subject to change. Lunch is served from **11:30 am to 1:00 pm**. Please kindly bring your membership card/barcode & **\$2.00** exact suggested donation. The Selfhelp Latimer Gardens Senior Center is funded in part by the New York City Department for the Aging.