

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<p>**New** 新课程 SUCASA Arts and Craft Workshop Every Monday from 9-11 AM 法拉盛市政厅: 手工艺课程; 每星期一上午九点到十一点</p>	<p>特别活动 Food Pantry Distribution: 3/21/23, 9:30 a.m.-2:00 p.m. Rear door. 营养袋发放日: 星期二 03月21日, 上午九点半到下午2点</p>	<p>3/1 Soy Sauce Chicken or Tofu with Vegetable, Sweet Corns, Mustard Greens, Apple. 酱油鸡腿或豆腐蔬菜, 甜玉米, 芥菜, 苹果.</p>	<p>3/2 Roast Pork or Scrambled Eggs with Red Pepper & Onion, Shanghai Greens, Baked Beans, Plum. 叉烧或鸡蛋炒红椒洋葱, 炖豆, 上海青, 李子</p>	<p>3/3 Fish Fillet with Tofu, or BBQ Chicken, Baked Sweet Potato, Shanghai Green, Kiwi. 鱼片豆腐或烤鸡腿, 烤红薯, 上海青, 猕猴桃</p>	<p>3/4 Indian: Lentil/Masoor dal Soup, Basmati/Chapati, Cauliflower w/ Curry Tofu, Raita Yogurt, Orange. Chinese: Small Shrimp with Vegetables. 素食: 豆蔬浓汤, 糙米饭, 全麦饼, 花菜咖喱豆腐, 酸奶切片黄瓜, 橙。中餐: 小虾仁炒什菜</p>
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<p>3/6 Steamed Ground Pork Meat Flavored w/Dried Fish or Tofu with Vegetable, Sweet Corn, Mustard Green, Apple. 鹹魚肉餅或豆腐蔬菜, 玉米, 芥菜, 蘋果.</p>	<p>3/7 Fish Patties or Chicken Salad, Broccoli, Baked Beans, Banana. 鱼饼或鸡肉沙拉, 炖豆, 西芥藍, 香蕉.</p>	<p>3/8 Beef Meatloaf or Shrimp with Vegetable, Baked Sweet Potato, Spinach, Orange 牛肉饼或虾仁炒蔬菜, 烤红薯, 菠菜, 橙.</p>	<p>3/9 Chicken Stir Fried with Peanuts or Fish Patties, Spaghetti, Broccoli, Plum 宫保鸡丁或鱼饼, 通心粉, 西芥兰, 李子.</p>	<p>3/10 Braised Lean Pork with Taro, or Tuna Fish Salad, Carrots and Green Beans, Baked Potato, Kiwi 芋头烧肉或金枪鱼沙拉, 胡萝卜四季豆, 烤土豆, 猕猴桃</p>	<p>3/11 Indian: Lentil /Masoor dal Soup, Basmati/Chapati, Eggplant with Tomato, Raita Yogurt, Orange Chinese: Mushroom Chicken 素食: 豆蔬浓汤, 糙米饭, 全麦饼, 茄子烧西红柿, 酸奶切片黄瓜, 橙。 中餐: 香菇鸡腿</p>
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<p>3/13 Pork Stir Fry with Vegetables or Tuna Fish Salad, Carrots w/Green Beans, Sweet Potato, Tangerine. 肉片蔬菜或金枪鱼沙拉, 胡萝卜四季豆, 烤红薯, 橘.</p>	<p>3/14 Beef Meat Balls or Cheese Lasagna, Sweet Corn, Cabbage w/ Shredded Carrots, Orange 牛肉丸或奶酪饼, 甜玉米, 莲白胡萝卜丝, 橙.</p>	<p>3/15 BBQ Chicken or Tofu with Vegetable, Cabbage with Shredded Carrots, Mashed Potato, Apple 烤鸡腿或豆腐蔬菜, 莲白胡萝卜丝, 土豆泥, 蘋果.</p>	<p>3/16 Curry Chicken or Fish Patties, Broccoli, Baked Potato, Banana 咖喱鸡或鱼饼, 西芥藍, 烤土豆, 香蕉.</p>	<p>3/17 Pork Chops or Tofu with Vegetables, Baked Bean, Bok Choy, Plum 猪扒或豆腐什菜, 炖豆, 大白菜, 李子.</p>	<p>3/18 Indian: Lentil /Masoor dal Soup, Basmati/Chapati, Broccoli w/ Curry Tofu, Raita Yogurt, Orange Chinese: Turkey Slices with Mixed Veg. 素食: 豆蔬浓汤, 糙米饭, 全麦饼, 西芥藍咖喱豆腐, 酸奶切片黄瓜, 橙。中餐: 火鸡片炒什菜</p>

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3/20 Steamed Ground Turkey with Bean Threads & Eggs or Tofu with Vegetable, Sweet Corn, Mustard Green, Apple 火鸡蒸蛋饼或豆腐蔬菜, 玉米, 芥菜, 蘋果	3/21 Soy Sauce Chicken or Fish Patties, Cabbage with Shredded Carrots, Sweet Potato, Banana. 酱油鸡或鱼饼, 蓬白胡萝卜丝, 烤地瓜, 香蕉	3/22 Roast pork, or tofu with Vegetables, Bok Choy, Spaghetti, Kiwi, 叉烧或豆腐蔬菜大白菜, 炒意面, 猕猴桃	3/23 Baked Mushroom Chicken or Tuna Fish Salad, Baked Bean, Spinach, Orange. 香菇鸡腿或金枪鱼沙拉, 炖豆, 菠菜, 橙	3/24 Beef Plate Stewed with Daikon or Eggplant Parmesan, Potato, Broccoli, Tangerine. 牛腩炖萝卜或茄饼, 西芥蓝, 烤土豆, 橘	3/25 Indian: White Bean/ Masoor dal Soup, Basmati/Chapati, Mustard Greens w Tomato, Raita Yogurt, Orange. Chinese: Tofu with Ground Pork 素食: 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜西红柿, 酸奶切片黄瓜, 橙. 中餐: 碎肉豆腐
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3/27 Turkey Slices Fried with Vegetables, or Tuna Fish Salad, Broccoli, Baked Potato, Banana 火鸡片炒什菜或金枪鱼沙拉, 西芥蓝, 烤土豆, 香蕉.	3/28 Beef Meatloaf or Fish Patties, Macaroni, Spinach, Orange. 牛肉饼或鱼饼, 通心粉, 菠菜, 橙.	3/29 Fish Fillet with Tofu, or BBQ Chicken, Sweet Corn, Shanghai Green, Kiwi. 鱼片豆腐或烤鸡腿, 甜玉米, 上海青, 猕猴桃.	3/30 Fish Patties or Chicken Salad, Mashed Potato, Mustard Greens, Tangerine. 鱼饼或鸡肉沙拉, 土豆泥, 芥菜, 橘.	3/31 Roast Pork or Scramble Egg with Onion, Green Pepper, Bok Choy, Baked Bean, Apple. 叉烧或洋葱炒鸡蛋, 大白菜, 炖豆, 苹果.	Special Event 特别活动 MTA Onsite Services: 3/31/23, Friday, 10:00 a.m.-2:00 p.m. In front of Center 老人半价乘车服务: 3月31日, 周五, 上午十点到下午2点

Menu is subjected to change by Chef.