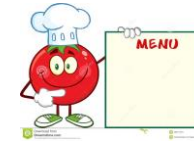


May 2023 Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Shepherd Pie with Beef & Turkey, Garden Salad, WW Bread, Milk, Juice, & Apple 牛肉和火鸡馅饼, 沙拉, 皮塔面包, 牛奶, 果汁, 苹果</p>	<p>2 Chicken Marsala, Yellow Rice, Roasted Beets, WW Bread, Milk, Juice & Applesauce 鸡肉, 黄米饭, 烤甜菜, 皮塔面包, 牛奶, 果汁, 苹果酱</p>	<p>3 Vegan Stuffed Peppers, Roasted Potatoes, Green Beans, WW Bread, Milk, Juice, Orange 素食酿辣椒, 烤土豆, 四季豆, 皮塔面包, 牛奶, 果汁, 橙子</p>	<p>4 Sweet & Sour meatballs, Toasted Barely and Onion, Creamy Spinach, WW Bread, Milk, Juice, Banana 糖醋丸子, 洋葱烤大麦, 菠菜, 皮塔面包, 牛奶, 果汁, 香蕉</p>	<p>5 Brown Gravy Roasted Chicken, Challah Bread, Potato Kugel, Carrot Tzimmes, Milk, Juice, Kiwi 烧鸡配肉汁, 犹太面包, 土豆饼, 胡萝卜, 牛奶, 果汁, 猕猴桃</p>
<p>8 TVP Sloppy Joe, Plain Burger Bun, Rice & Beans, California Blend Vegetables, Milk, Juice, Kiwi 素菜汉堡, 汉堡面包, 大米和豆类, 混合蔬菜, 牛奶, 果汁, 猕猴桃</p>	<p>9 Chicken Francaise, Mashed Sweet Potatoes, Vegetable Mix, WW Bread, Milk, Juice, Apple 鸡肉, 红薯泥, 混合蔬菜, 汉堡面包, 牛奶, 果汁, 苹果</p>	<p>10 Beef Meatloaf w/ Mushroom Gravy, Homemade Mashed Potatoes, Creamy Spinach, WW Bread, Milk, Juice, Applesauce 蘑菇汁肉饼, 土豆泥, 菠菜, 皮塔面包, 牛奶, 果汁, 苹果酱</p>	<p>11 Fish Francaise w/ Creole Sauce, Rice A Roni, Steamed Carrots, WW Bread, Milk, Juice, Banana 白鱼, 黄米饭, 胡萝卜, 皮塔面包, 牛奶, 果汁, 香蕉</p>	<p>12 Cranberry Chicken, Challah Bread, Noodle Kugel, Green Beans, Milk, Juice, Orange 蔓越莓鸡, 犹太面包, 面条饼, 四季豆, 牛奶, 果汁, 橙子</p>
<p>15 Chinese Style Pepper Steak, Chow Fun Noodles, Oriental Blend Vegetables, WW Bread, Milk, Juice & Orange 胡椒牛排, 炒粉, 混合蔬菜, 汉堡面包, 牛奶, 果汁, 橙子</p>	<p>16 Black Beans and Mushroom Vegan Burger, Roasted Potatoes, Green Bean Salad, Milk, Juice, Applesauce 黑豆蘑菇素汉堡, 烤土豆, 四季豆沙拉, 牛奶, 果汁, 苹果酱</p>	<p>17 California Turkey Meatloaf, Homemade Mashed Potatoes, Mixed Vegetables, WW Bread, Milk, Juice, Kiwi 火鸡肉饼, 土豆泥, 混合蔬菜, 汉堡面包, 牛奶, 果汁, 猕猴桃</p>	<p>18 Breaded Fish, Brown Rice & Black Beans, Steamed Carrots, WW Bread, Milk, Juice, Banana 裹面包屑的鱼, 糙米和黑豆, 胡萝卜, 汉堡面包, 牛奶, 果汁, 香蕉</p>	<p>19 Chicken Shawarma, Lentils w/ Spiced Rice & Caramelized Onions, WW Pita Bread, Cucumber Dill Salad, Milk, Juice, Pear 鸡肉, 洋葱扁豆饭, 皮塔饼, 黄瓜沙拉, 牛奶, 果汁, 梨</p>
<p>22 Stuffed Cabbage w/ Beef, Toasted Barely w/ Onions, Capri Blend Vegetables, WW Bread, Milk, Juice, Orange 包菜牛肉卷, 洋葱烤大麦, 混合蔬菜, 全麦面包, 牛奶, 果汁, 橙子</p>	<p>23 Baked Falafel Patties, Hummus, WW Pita Bread, Za'atar Spiced Israeli Salad, Milk, Juice, Pear 以色列沙拉饼, 鹰嘴豆泥, 皮塔面包, 沙拉, 牛奶, 果汁, 梨</p>	<p>24 Turkey w/ Gravy, Mashed Potatoes, Whole Grain Stuffing, Green beans, Milk, Juice, Applesauce 火鸡配肉汁, 土豆泥, 全麦馅, 四季豆, 牛奶, 果汁, 苹果酱</p>	<p>25 Teriyaki Baked Fish, Yellow Rice, Oriental Blend Vegetables, WW Bread, Milk, Juice, Banana 烤鱼, 黄米饭, 混合蔬菜, 全麦面包, 牛奶, 果汁, 香蕉</p>	<p>26 Roasted Chicken, Challah Bread, Potato Kugel, Carrot Tzimmes, Milk, Juice, Apple 烤鸡, 犹太面包, 土豆饼, 胡萝卜, 牛奶, 果汁, 苹果</p>
<p>29 Center Closed 中心关门</p>	<p>30 Breaded Eggplant Cutlets w/ Tomato Sauce, Tofu Fusilli Pasta, Garlic Bread, Italian Blend Vegetables, Milk, Juice, Apple 茄饼, 番茄酱, 意大利面, 大蒜面包, 混合蔬菜, 牛奶, 果汁, 苹果</p>	<p>31 Beef Pot Roast, Mashed Potatoes, Creamy Spinach, WW Bread, Milk, Juice, Applesauce 炖牛肉, 土豆泥, 菠菜, 全麦面包, 牛奶, 果汁, 苹果酱</p>		

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.