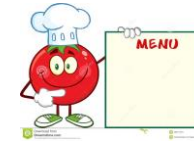


November 2023

Lunch Menu 十一月

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Beef Ribs, Pasta w/ Peas, California Blend Vegetables, Plums, WW Bread, 1% Milk or Low-Fat Yogurt 烧烤牛肋骨、豌豆意大利面、加州混合蔬菜、李子、全麦面包、1% 牛奶或低脂酸奶	2 Tuna Cakes, Spaghetti, Caesar Salad, Tangerines, WW Bread, 1% Milk or Low-Fat Yogurt 吞拿鱼蛋糕、意大利面、凯撒沙拉、橘子、全麦面包、1% 牛奶或低脂酸奶	3 Vegetable Soup, California Veggie Burger, Black Beans and Rice, Broccoli w/ Garlic, WW Bread, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、加州素食汉堡、黑豆和米饭、大蒜西兰花、全麦面包、苹果、1% 牛奶或低脂酸奶
6 Garden Soup, Salisbury Steak, Black Beans & Rice, WW Bread, Winter Blend Vegetables, Apple, 1% Milk or Low-Fat Yogurt 田园汤、索尔兹伯里牛排、黑豆和米饭、全麦面包、冬季混合蔬菜、苹果、1% 牛奶或低脂酸奶	*CENTER CLOSED*	8 Egg Salad, WW Bread, Italian Blend Vegetables, Cantaloupe, 1% Milk or Low-Fat Yogurt 鸡蛋沙拉、全麦面包、意大利混合蔬菜、哈密瓜、1% 牛奶或低脂酸奶	9 Garden Soup, Baked Fish, Mashed Potatoes, WW Bread, Broccoli w/ Garlic, Orange, 1% Milk or Low-Fat Yogurt 田园汤、烤鱼、土豆泥、全麦面包、大蒜西兰花、橙子、1% 牛奶或低脂酸奶	10 Vegetarian Bean Chili, White & Brown Rice, WW Bread, Pear, 1% Milk or Low-Fat Yogurt 素豆辣椒、白米和糙米、全麦面包、梨、1% 牛奶或低脂酸奶
13 Vegetable Soup, Brown Stew Chicken, Multigrain Bread, Broccoli & Red Peppers, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、炖鸡、杂粮面包、西兰花和红辣椒、苹果、1% 牛奶或低脂酸奶	14 Baked Beans, Beef Hotdogs, White Rice, California Blend Vegetables, Orange, 1% Milk or Low-Fat Yogurt 烤豆、牛肉热狗、白米、加州混合蔬菜、橙子、1% 牛奶或低脂酸奶	15 Creamy Tomato Rice Soup, Sliced Turkey Breast, Bowtie Pasta Salad, Multigrain Bread, Capri Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 奶油番茄米汤、火鸡胸肉片、意大利面沙拉、杂粮面包、混合蔬菜、香蕉、1% 牛奶或低脂酸奶	16 Lemon Pepper Fish, Cheesy Grits, Multigrain Bread, Cabbage & Carrots, Orange, 1% Milk or Low-Fat Yogurt 柠檬胡椒鱼、芝士粗麦粉、杂粮面包、卷心菜和胡萝卜、橙子、1% 牛奶或低脂酸奶	17 Mushroom Soup, Three Bean Salad, Multigrain Bread, Rice & Red Beans, Normandy Blend, Peach, 1% Milk or Low-Fat Yogurt 蘑菇汤、三豆沙拉、杂粮面包、米饭和红豆、混合蔬菜、桃子、1% 牛奶或低脂酸奶
20 Baked Lean Lamb Chops, Rice & Pigeon Peas, WW Bread, Baby Carrots & Parsley, Apple, 1% Milk or Low-Fat Yogurt 烤瘦羊排、米饭和木豆、全麦面包、小胡萝卜和香菜、苹果、1% 牛奶或低脂酸奶	21 Baked Pork, WW Bread, Baked Sweet Potato, California Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 烤猪排、全麦面包、烤红薯、加州混合蔬菜、香蕉、1% 牛奶或低脂酸奶	22 Turkey Leg, Cranberry Sauce, Mashed Potatoes & Gravy, String Beans, Apple, 1% Milk or Low-Fat Yogurt 火鸡腿、红莓酱、土豆泥和肉汁、四季豆、苹果、1% 牛奶或低脂酸奶	*CENTER CLOSED FOR THANKSGIVING*	*CENTER CLOSED*
27 Garden Soup, Pepper Steak, Brown Rice w/ Mushrooms, WW Bread, Normandy Blend, Apple, 1% Milk or Low-Fat Yogurt 田园汤、胡椒牛排、蘑菇糙米、全麦面包、混合蔬菜、苹果、1% 牛奶或低脂酸奶	28 Pork Spareribs, WW Bread, Broccoli & Red Peppers, California Blend, Banana, 1% Milk or Low-Fat Yogurt 排骨、全麦面包、西兰花和红辣椒、加州混合物、香蕉、1% 牛奶或低脂酸奶	29 Garden Soup, Baked Turkey Wings, White Rice, Caesar Salad, Apple, 1% Milk or Low-Fat Yogurt 田园汤、烤火鸡翅、白米饭、凯撒沙拉、苹果、1% 牛奶或低脂酸奶	30 Teriyaki Glazed Fish, Macaroni Salad, WW Bread, Italian Blend Vegetables, Kiwi, 1% Milk or Low-Fat Yogurt 照烧鱼、通心粉沙拉、全麦面包、意大利混合蔬菜、猕猴桃、1% 牛奶或低脂酸奶	

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.