

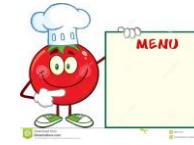
**February 2024 二月**

**Lunch Menu 菜单**

Selfhelp Latimer Gardens Senior Center

34-30 137th St, Flushing, NY 11354

Telephone: 718-961-3660



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> Vegetable Soup, Brown Stew Chicken, WW Bread, Broccoli & Red Peppers, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、炖鸡、全麦面包、西兰花和红辣椒、苹果、1% 牛奶或低脂酸奶	<b>6</b> Three Bean Salad, WW Dinner Roll, Mashed Potatoes, Normandy Blend Vegetables, Orange, 1% Milk or Low-Fat Yogurt 三豆沙拉、土豆泥、全麦晚餐卷、混合蔬菜、橙子、1% 牛奶或低脂酸奶	<b>7</b> Creamy Tomato & Rice Soup, Pork Tenderloin w/ Cilantro Sauce, Black Beans & Rice, Garden Salad, WW Dinner Roll, Banana, 1% Milk or Low-Fat Yogurt 番茄米汤、猪里脊、黑豆饭、全麦卷、沙拉、香蕉、1% 牛奶或低脂酸奶	<b>8</b> Lemon Pepper Fish, Cheesy Grits, WW Bread, Cabbage w/ Carrots, Orange, 1% Milk or Low-Fat Yogurt 柠檬胡椒鱼、芝士燕麦粉、全麦面包、卷心菜配胡萝卜、橙子、1% 牛奶或低脂酸奶	<b>2</b> Egg Salad, WW Bread, Italian Blend Vegetables, Pear, 1% Milk or Low-Fat Yogurt 鸡蛋沙拉、全麦面包、意大利混合蔬菜、梨、1% 牛奶或低脂酸奶
<b>12</b> Baked Lamb Chops, Rice & Pigeon Peas, WW Bread, 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	<b>13</b> Baked Pork, California Blend Vegetables, Baked Sweet Potato, WW Bread, Banana, 1% Milk or Low-Fat Yogurt 烤猪肉、烤番薯、加州混合蔬菜、全麦面包、香蕉、1% 牛奶或低脂酸奶	<b>14</b> Vegetable Soup, Shrimp, WW Pasta, WW Bread, Broccoli & Red Peppers, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、虾、全麦意大利面、西兰花和红辣椒、全麦面包、苹果、1% 牛奶或低脂酸奶	<b>15</b> Chickpea Pasta, Caesar Salad, WW Bread, Pear, 1% Milk or Low-Fat Yogurt 鹰嘴豆意大利面、凯撒沙拉、全麦面包、梨、1% 牛奶或低脂酸奶	<b>9</b> Mushroom Soup, Chicken Cacciatore, WW Bread, Broccoli & Red Peppers, Peach, 1% Milk or Low-Fat Yogurt 蘑菇汤、炖鸡、全麦面包、西兰花和红辣椒、桃子、1% 牛奶或低脂酸奶
<b>19</b> Garden Bounty Soup, Black Bean Fajitas, WW Bread, Yellow Rice, Brussel Sprouts, Apple, 1% Milk or Low-Fat Yogurt 杂菜汤、黑豆法吉塔、全麦面包、黄米、抱子甘蓝、苹果、1% 牛奶或低脂酸奶	<b>20</b> Pork Spareribs, Broccoli & Red Peppers, WW Bread, California Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 排骨、全麦面包、西兰花红辣椒、混合蔬菜、香蕉、1% 牛奶或低脂酸奶	<b>21</b> Garden Bounty Soup, Baked Turkey Wings, White Rice, Caesar Salad, Apple, 1% Milk or Low-Fat Yogurt 杂菜汤、烤火鸡翅、白米饭、沙拉、苹果、1% 牛奶或低脂酸奶	<b>22</b> 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、混合蔬菜、猕猴桃、1% 牛奶或低脂酸奶	<b>16</b> Minestrone Soup, Baked Fish, Brown Rice w/ Black Beans, Brussel Sprouts, Peach, 1% Milk or Low-Fat Yogurt 通心粉汤、烤鱼、糙米黑豆、抱子甘蓝、桃子、1% 牛奶或低脂酸奶
<b>26</b> Garden Bounty Soup, Curry Chicken, White Rice, Veggie Mix, Apple, 1% Milk or Low-Fat Yogurt 田园汤、咖喱鸡、白米饭、混合蔬菜、苹果、1% 牛奶或低脂酸奶	<b>27</b> Baked Lamb Chops, Roasted Potatoes, Normandy Blend Vegetables, WW Bread, Peach, 1% Milk or Low-Fat Yogurt 烤羊排、混合蔬菜、烤土豆、全麦面包、桃子、1% 牛奶或低脂酸奶	<b>28</b> Baked Falafel Balls, WW Bread, Baked Sweet Potatoes, Apple, 1% Milk or Low-Fat Yogurt 烤素豆球、烤番薯、全麦面包、苹果、1% 牛奶或低脂酸奶	<b>29</b> Baked Fish, WW Bread, Caesar Salad, Banana, 1% Milk or Low-Fat Yogurt 烤鱼、凯撒沙拉、全麦面包、香蕉、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.

菜单可能会有变化。午餐供应时间为上午 11:30 至下午 1:00。请携带您的会员卡/条形码和 2.00 美元的建议捐款。拉蒂默花园老人中心的部分资金由纽约市老人局资助。