



# April 2024 四月 Selfhelp Latimer Gardens Senior Center

Lunch Menu 菜单 34-30 137th St, Flushing, NY 11354 Telephone: 718-961-3660



MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五
<b>1</b> Vegetable Soup, Chili-Spiced Black Bean Burger, Asian Cabbage w/ Eggs, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、黑豆汉堡、鸡蛋亚洲卷心菜、全麦面包、橙子、1% 牛奶或低脂酸奶	<b>2</b> Vegetable Soup, Beef Bulgogi (Korean BBQ Beef), Normandy Blend, Egg Noodles, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、韩式烧烤牛肉、混合蔬菜、鸡蛋面、全麦面包、橙子、1% 牛奶或低脂酸奶	<b>3</b> Vegetable Soup, Lemon Pepper Fish, Rice & Black Beans, WW Bread, Garden Salad, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、柠檬胡椒鱼、黑豆米饭、全麦面包、田园沙拉、香蕉、1% 牛奶或低脂酸奶	<b>4</b> Vegetable Soup, Coconut Curried Chicken Breast w/ Vegetables, White Rice, WW Bread, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、椰子咖喱鸡胸肉蔬菜、白米、全麦面包、苹果、1% 牛奶或低脂酸奶	<b>5</b> Vegetable Soup, Pork Loin w/ Oyster Sauce, WW Bread, California Blend Vegetables, Rice, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、蚝油猪肉、全麦面包、加州混合蔬菜、米饭、桃子、1% 牛奶或低脂酸奶
<b>8</b> Vegetable Soup, Shrimp, WW Bread, Brown Rice, Carrots w/ Parsley, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、虾、全麦面包、糙米、胡萝卜配欧芹、苹果、1% 牛奶或低脂酸奶	<b>9</b> Vegetable Soup, Breaded Tofu Bites, WW Bread, Apple Noodle Kugel, California Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、面包屑豆腐、全麦面包、苹果面条、蔬菜、香蕉、1% 牛奶或低脂酸奶	<b>10</b> Vegetable Soup, Beef Stir Fry w/ Broccoli and Carrots, Fettuccini w/ Sauce, WW Bread, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、西兰花胡萝卜炒牛肉、酱汁意大利面、全麦面包、梨、1% 牛奶或低脂酸奶	<b>11</b> Vegetable Soup, Baked Lamb Chops, Rice & Peas, WW Bread, Normandy Blend Vegetables, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤羊排、豌豆米饭、全麦面包、蔬菜、桃子、1% 牛奶或低脂酸奶	<b>12</b> Vegetable Soup, Apricot Glazed Salmon, WW Bread or Waffles, Broccoli & Red Peppers, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、三文鱼、全麦面包或华夫饼、西兰花红辣椒、苹果、1% 牛奶或低脂酸奶
<b>15</b> Vegetable Soup, Pork Chops w/ Oyster Sauce, WW Bread, Yellow Rice, Brussel Sprouts, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、蚝油猪排、全麦面包、黄米、抱子甘蓝、苹果、1% 牛奶或低脂酸奶	<b>16</b> Vegetable Soup, Baked Salmon w/ Cilantro Citrus Sauce, California Blend Vegetables, WW Bread, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤三文鱼配香菜柑橘酱、蔬菜、全麦面包、香蕉、1% 牛奶或低脂酸奶	<b>17</b> Vegetable Soup, Black Bean Fajitas, Macaroni Salad, WW Bread, Italian Blend Vegetables, Kiwi, 1% Milk or Low-Fat Yogurt 蔬菜汤、黑豆墨西哥卷饼、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	<b>18</b> Vegetable Soup Beef w/ Black Bean Garlic Sauce, Caesar Salad, WW Bread, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、牛肉配黑豆蒜酱、凯撒沙拉、全麦面包、苹果、1% 牛奶或低脂酸奶	<b>19</b> Vegetable Soup, Teriyaki Glazed Fish, WW Bread, Brown Rice w/ Mushrooms, Normandy Blend Vegetables, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、照烧鱼、全麦面包、蘑菇糙米、蔬菜、橙子、1% 牛奶或低脂酸奶
<b>22</b> Vegetable Soup, Vegan Stuffed Peppers, WW Bread, Roasted Sweet Potatoes, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、素酿辣椒、全麦面包、烤番薯、苹果、1% 牛奶或低脂酸奶	<b>23</b> Vegetable Soup, Lemon Chicken, WW Bread, Normandy Blend Vegetables, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、柠檬鸡、全麦面包、蔬菜、桃子、1% 牛奶或低脂酸奶	<b>24</b> Vegetable Soup, Baked Flounder, WW Bread, Rice, Caesar Salad, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤比目鱼、全麦面包、米饭、凯撒沙拉、香蕉、1% 牛奶或低脂酸奶	<b>25</b> Vegetable Soup, Buddha's Delight (Chinese Vegetarian Stew), WW Bread, Yellow Rice, California Blend Vegetables, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、中式素炖菜、全麦面包、黄米、蔬菜、梨、1% 牛奶或低脂酸奶	<b>26</b> Vegetable Soup, Garlic Beef Meatballs, White Rice, WW Bread, Mixed Vegetables, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、蒜蓉牛肉丸、白饭、全麦面包、蔬菜、苹果、1% 牛奶或低脂酸奶
<b>29</b> Vegetable Soup, Spaghetti w/ Sausage, WW Bread, California Blend Vegetables, Kiwi, 1% Milk or Low-Fat Yogurt 蔬菜汤、意大利面配香肠、全麦面包、蔬菜、猕猴桃、1% 牛奶或低脂酸奶	<b>30</b> Vegetable Soup, Baked Korean Chicken Wings, Rice w/ Veggies, Collard Greens w/ Tomato, WW Bread, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤韩式鸡翅、米饭配蔬菜、羽衣甘蓝配番茄、全麦面包、桃子、1% 牛奶或低脂酸奶			

Menu is subject to change. Lunch starts at 11:30AM and will run until 1PM or we run out of food, whichever comes first. 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。午餐从上午 11:30 开始，一直持续到下午 1 点，或者直到我们的食物卖完为止，以先到者为准。