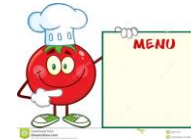


May 2024 五月 Lunch Menu 午餐菜单

Selfhelp Latimer Gardens Senior Center
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 |
|---|--|--|--|---|
| | | <p>1 Vegetable Soup, Minced Pork w/ Peas, Bowtie Pasta, WW Bread, Normandy Blend Vegetables, Plum, 1% Milk or Low-Fat Yogurt 蔬菜汤、豌豆猪肉碎结意大利面、全麦面包、诺曼底混合蔬菜、李子、1% 牛奶或低脂酸奶</p> | <p>2 Vegetable Soup, Baked Fish, Noodle Kugel, Caesar Salad WW Bread, Tangerine, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鱼、面条、沙拉、橘子、1% 牛奶或低脂酸奶</p> | <p>3 Vegetable Soup, California Veggie Burger, Brown Rice w/ Mushrooms, WW Bread, Boiled Southern Greens, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、素食汉堡、蘑菇糙米、全麦面包、蔬菜、苹果、1% 牛奶或低脂酸奶</p> |
| <p>6 Vegetable Soup, Baked Fish, WW Bread, Mashed Potatoes, Broccoli w/ Garlic, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鱼、土豆泥、大蒜西兰花、橙子、1% 牛奶或低脂酸奶</p> | <p>7 Vegetable Soup, Vegetarian Bean Chili, Rice, WW Bread, Garden Salad, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、素豆甜椒、米饭、全麦面包、田园沙拉、香蕉、1% 牛奶或低脂酸奶</p> | <p>8 Vegetable Soup, Sofrito Steak w/ Peppers & Onions, Brown Rice w/ Mushrooms, California Blend Vegetables, WW Bread, Cantaloupe, 1% Milk or Low-Fat Yogurt 蔬菜汤、牛排、糙米配蘑菇、蔬菜、全麦面包、哈密瓜、1% 牛奶或低脂酸奶</p> | <p>9 Vegetable Soup, General Tso's Chicken, Rice, WW Bread, Winter Blend Vegetables, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、左宗鸡、米饭、面包、蔬菜、苹果、1% 牛奶或低脂酸奶</p> | <p>10 Vegetable Soup, Baked Pork Chops, Baked Sweet Potato, Italian Blend Vegetables, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤猪排、烤红薯、蔬菜、梨、1% 牛奶或低脂酸奶</p> |
| <p>13 Vegetable Soup, Chili-Spiced Black Bean Burger, WW Bread, Cabbage w/ Eggs, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、素食汉堡、全麦面包、卷心菜鸡蛋、橙子、1% 牛奶或低脂酸奶</p> | <p>14 Vegetable Soup, Beef Bulgogi, Egg Noodles, Normandy Blend Vegetables, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤牛肉、鸡蛋面、蔬菜、全麦面包、橙子、1% 牛奶或低脂酸奶</p> | <p>15 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、米饭黑豆、全麦面包、沙拉、香蕉、1% 牛奶或低脂酸奶</p> | <p>16 Vegetable Soup, Coconut Curried Chicken Breast W/ Vegetables, Rice, WW Bread, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、椰子咖喱鸡、大米、全麦面包、苹果、1% 牛奶或低脂酸奶</p> | <p>17 Vegetable Soup, Pork Loin w/ Oyster Sauce, WW Bread, Rice, California Blend Vegetables, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、猪肉、全麦面包、米饭、蔬菜、桃子、1% 牛奶或低脂酸奶</p> |
| <p>20 Vegetable Soup, Shrimp, Brown Rice, WW Bread, Carrots w/ Parsley, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、虾、糙米、全麦面包、胡萝卜配欧芹、苹果、1% 牛奶或低脂酸奶</p> | <p>21 Vegetable Soup, Crunchy Breaded Tofu Bites, Noodle Kugel, WW Bread, California Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、豆腐块、面条、全麦面包、蔬菜、香蕉、1% 牛奶或低脂酸奶</p> | <p>22 Vegetable Soup, Beef Stir Fry w/ Broccoli & Carrots, WW Bread, Fettuccini w/ Sauce, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、炒牛肉、全麦面包、意大利面条、梨、1% 牛奶或低脂酸奶</p> | <p>23 Vegetable Soup, Baked Lamb Chops, WW Bread, Rice w/ Pigeon Peas, Normandy Blend Vegetables, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤羊排、全麦面包、木豆米饭、蔬菜、桃子、1% 牛奶或低脂酸奶</p> | <p>24 Vegetable Soup, Apricot Glazed Salmon, WW Bread or Waffle, Broccoli w/ Red Peppers, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、三文鱼、全麦面包或华夫饼、西兰花甜椒、苹果、1% 牛奶或低脂酸奶</p> |
| <p>27 Memorial Day 阵亡将士纪念日 Center Closed 中心休息</p> | <p>28 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、蔬菜、全麦面包、香蕉、1% 牛奶或低脂酸奶</p> | <p>29 Vegetable Soup, Black Bean Fajitas, WW Bread, Macaroni Salad, Italian Blend Vegetables, Kiwi, 1% Milk or Low-Fat Yogurt 蔬菜汤、黑豆墨西哥卷饼、全麦面包、通心粉沙拉、蔬菜、猕猴桃、1% 牛奶或低脂酸奶</p> | <p>30 Vegetable Soup, Beef w/ Black Bean Garlic Sauce, WW Bread, Caesar Salad, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、黑豆蒜酱牛肉、全麦面包、凯撒沙拉、苹果、1% 牛奶或低脂酸奶</p> | <p>31 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</p> |

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。