

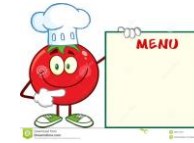
# JULY 2024 七月

## Lunch Menu 午餐菜单

Selfhelp Latimer Gardens Senior Center

地址 34-30 137th St, Flushing, NY 11354

电话 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><b>1</b> Vegetable Soup, BBQ Chicken, Black Beans &amp; Rice, California Blend Vegetables, WW Bread, Apple, 1% Low Fat Milk, Low-Fat Yogurt 蔬菜汤、烤鸡、黑豆米饭、蔬菜、全麦面包、苹果、1% 低脂牛奶、酸奶</p>	<p><b>2</b> Vegetable Soup, Baked Fish, Egg Noodles, California Blend Vegetables, WW Bread, Orange, 1% Low Fat Milk, Low-Fat Yogurt 蔬菜汤、烤鱼、鸡蛋面、混合蔬菜、全麦面包、橙子、1% 低脂牛奶、低脂酸奶</p>	<p><b>3</b> Vegetable Soup, California Veggie Burger, WW Bread, Vegetable Mix, Apple, 1% Low Fat Milk, Low-Fat Yogurt 蔬菜汤、素食汉堡、全麦面包、混合蔬菜、苹果、1% 低脂牛奶、低脂酸奶</p>	<p><b>4 Center Closed for the Fourth of July Holiday</b> 7月4日国庆节中心休息</p> 	<p><b>5 Center Closed for the Fourth of July Holiday</b> 7月4日国庆节中心休息</p> 
<p><b>8</b> Vegetable Soup, Baked Spaghetti w/ Sausage, Brown Rice, Vegetable Mix, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、香肠烤意大利面、糙米、蔬菜、苹果、1% 牛奶或酸奶</p>	<p><b>9</b> Vegetable Soup, Baked Korean Chicken Wings, Yellow Rice, Spiced Mixed Vegetables, Kiwi, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤韩式鸡翅、黄米、蔬菜、猕猴桃、1% 牛奶或低脂酸奶</p>	<p><b>10</b> Vegetable Soup, Cooked Shrimp, Sesame Soba Noodles, Vegetable Mix, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、虾、芝麻荞麦面、混合蔬菜、橙子、1% 牛奶或低脂酸奶</p>	<p><b>11</b> Vegetable Soup, Baked Lean Lamb Chops, Cauliflower Rice, Multigrain Bread, Vegetable Mix, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤羊排、米饭、面包、蔬菜、桃子、1% 牛奶或酸奶</p>	<p><b>12</b> Vegetable Soup, Spiced Chili, Baked Fries, Multigrain Bread, Vegetable Mix, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、甜椒、烤薯条、面包、蔬菜、苹果、1% 牛奶或酸奶</p>
<p><b>15</b> Black Bean Soup, California Veggie Burger, WW Pasta, Vegetable Mix, Fruit Cocktail, 1% Milk or Low-Fat Yogurt 黑豆汤、加州素食汉堡、全麦意大利面、混合蔬菜、杂果汁、1% 牛奶或低脂酸奶</p>	<p><b>16</b> Vegetable Soup, BBQ Boneless Beef Ribs, Baked Vegetable Alfredo Pasta, Vegetable Mix, WW Bread, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤牛肋骨、烤意大利面、蔬菜、全麦面包、香蕉、1% 牛奶或低脂酸奶</p>	<p><b>17</b> Vegetable Soup, Baked Chicken Breasts, Rice w/ Vegetables, Vegetable Mix, Cantaloupe, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鸡胸肉、蔬菜米饭、混合蔬菜、哈密瓜、全麦面包、1% 牛奶或低脂酸奶</p>	<p><b>18</b> Vegetable Soup, Baked Salmon, Brown Rice, Vegetable Mix, Grapes, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤三文鱼、糙米、混合蔬菜、葡萄、全麦面包、1% 牛奶或低脂酸奶</p>	<p><b>19</b> Vegetable Soup, Pork Stir Fry w/ Vegetables, Cauliflower Rice, WW Bread, Vegetable Mix, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、猪肉、饭、面包、混合蔬菜、橙子、1% 牛奶或低脂酸奶</p>
<p><b>22</b> Vegetable Soup, Beef Bulgogi, Egg Noodles, California Blend Vegetables, Kiwi, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤牛肉、面、蔬菜、猕猴桃、面包、1% 牛奶或低脂酸奶</p>	<p><b>23</b> Vegetable Soup, Baked Asian Style Honey Chicken, Brown Rice, Normandy Blend, Apple, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤亚洲风味蜜糖鸡、糙米、混合蔬菜、苹果、全麦面包、1% 牛奶或低脂酸奶</p>	<p><b>24</b> Vegetable Soup, Steamed Bun w/ Pork, Rice-A-Roni, California Blend Vegetables, Banana, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、猪肉包、米饭、加州混合蔬菜、香蕉、全麦面包、1% 牛奶或低脂酸奶</p>	<p><b>25</b> Vegetable Soup, Chickpea Pasta, Cornbread, Normandy Blend Vegetables, WW Bread, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、鹰嘴豆意大利面、玉米面包、蔬菜、全麦面包、梨、1% 牛奶或低脂酸奶</p>	<p><b>26</b> Vegetable Soup, Baked Fish w/ Soy Sauce, ½ White &amp; ½ Brown Rice, Vegetable Mix, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、焗鱼、½ 白米和 ½ 糙米、什锦蔬菜、橙子、1% 牛奶或低脂酸奶 蔬菜汤</p>
<p><b>29</b> Vegetable Soup, Turkey Tacos, Confetti Rice, WW Bread, Capri Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、火鸡玉米卷、米饭、面包、蔬菜、香蕉、1% 牛奶或酸奶</p>	<p><b>30</b> Vegetable Soup, Black Bean Burger, Confetti Brown Rice, WW Bread, Braised Red Cabbage, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、黑豆汉堡、糙米、面包、红卷心菜、苹果、1% 牛奶或酸奶</p>	<p><b>31</b> Vegetable Soup, Pork Stir Fry w/ Vegetables, Cauliflower Rice, WW Bread, Broccoli &amp; Red Peppers, Plum, 1% Milk or Low-Fat Yogurt 蔬菜汤、猪肉、花椰菜饭、面包、西兰花甜椒、李子、1% 牛奶或酸奶</p>		

Lunch starts at 11:30AM and will run until 12:30PM (July and August only) or we run out of food, whichever comes first. 午餐从上午 11 点半开始一直持续到下午 12 点半（仅限七月和八月），或者直到我们的食物卖完为止，以先到者为准。