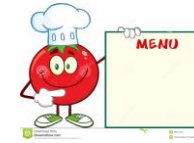


# August 2024 八月 Lunch Menu 午餐菜单

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
			<b>1</b> Vegetable Soup, Beef Stew w/ Carrots & Potatoes, Egg Noodles, Braised Collared Greens, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 菜汤、炖牛肉、鸡蛋面、青菜、全麦面包、橙子、1% 牛奶或低脂酸奶	<b>2</b> Vegetable Soup, Baked Fish, Cilantro Lime Rice, Cole Slaw, WW Bread, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鱼、香菜饭、凉拌卷心菜沙拉、全麦面包、桃子、1% 牛奶或低脂酸奶
<b>5</b> Vegetable Soup, BBQ Pork Chops, Black Beans & Rice, Creamy Spinach, WW Bread, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤猪排、黑豆米饭、奶油菠菜、全麦面包、香蕉、1% 牛奶或低脂酸奶	<b>6</b> Vegetable Soup, Baked Ziti w/ Beef Meatballs, Asparagus, WW Bread, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤牛肉丸通心粉、芦笋、全麦面包、苹果、1% 牛奶或低脂酸奶	<b>7</b> Vegetable Soup, Baked Fish, Caesar Salad, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鱼、凯撒沙拉、全麦面包、橙子、1% 牛奶或低脂酸奶	<b>8</b> Vegetable Soup, Chicken Parmesan w/ Sautéed Onions & Garlic, Bowtie Pasta, WW Bread, California Blend Vegetables, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鸡肉、意大利面、全麦面包、蔬菜、梨、1% 牛奶或低脂酸奶	<b>9</b> Vegetable Soup, Baked Falafel Balls, Baked Sweet Potato, WW Bread, California Blend Vegetables, Grapes, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鹰嘴豆球、烤红薯、全麦面包、蔬菜、葡萄、1% 牛奶或低脂酸奶
<b>12</b> Vegetable Soup, BBQ Chicken, California Blend Vegetables, Apple, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、烧鸡、蔬菜、苹果、全麦面包、1% 牛奶或低脂酸奶	<b>13</b> Vegetable Soup, Baked Fish, Egg Noodles, California Blend Vegetables, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鱼、鸡蛋面、蔬菜、全麦面包、橙子、1% 牛奶或低脂酸奶	<b>14</b> Vegetable Soup, Veggie Burger, Vegetable Mix, Apple, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、素汉堡、混合蔬菜、苹果、全麦面包、1% 牛奶或低脂酸奶	<b>15</b> Vegetable Soup, Pork Meatballs, Asparagus, Orange, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、猪肉丸、芦笋、橙子、全麦面包、1% 牛奶或低脂酸奶	<b>16</b> Vegetable Soup, Beef Hamburger, WW Bread, Capri Blend Vegetables, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、牛肉汉堡、全麦面包、蔬菜、梨、1% 牛奶或低脂酸奶
<b>19</b> Vegetable Soup, Spaghetti w/ Sausage, Vegetable Mix, Apple, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、意大利面配香肠、蔬菜、苹果、全麦面包、1% 牛奶或低脂酸奶	<b>20</b> Vegetable Soup, Spiced Chili, Baked Fries, Mixed Vegetables, Kiwi, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、碎牛肉蔬菜、烤薯条、蔬菜、猕猴桃、全麦面包、1% 牛奶或低脂酸奶	<b>21</b> Vegetable Soup, Shrimp, Sesame Soba Noodles, Vegetable Mix, Orange, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、虾、芝麻荞麦面、混合蔬菜、橙子、全麦面包、1% 牛奶或低脂酸奶	<b>22</b> Vegetable Soup, Baked Lamb Chops, Cauliflower Rice, Vegetable Mix, WW Bread, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤羊排、花椰菜饭、蔬菜、全麦面包、桃子、1% 牛奶或低脂酸奶	<b>23</b> Vegetable Soup, Baked Korean Chicken Wings, Yellow Rice, Vegetable Mix, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤韩式鸡翅、黄米饭、蔬菜、苹果、1% 牛奶或低脂酸奶
<b>26</b> Vegetable Soup, Veggie Burger, WW Pasta, Vegetable Mix, Fruit Cocktail, 1% Milk or Low-Fat Yogurt 蔬菜汤、素汉堡、意大利面、蔬菜、杂果汁、1% 牛奶或低脂酸奶	<b>27</b> Vegetable Soup, BBQ Beef Ribs, Vegetable Alfredo Pasta, WW Bread, Vegetable Mix, 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	<b>28</b> Vegetable Soup, Baked Chicken Breast, Rice w/ Vegetables, WW Bread, Vegetable Mix, Cantaloupe, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鸡肉、米饭、蔬菜、哈密瓜、全麦面包、1% 牛奶或低脂酸奶	<b>29</b> Vegetable Soup, Baked Salmon, Brown Rice, Vegetable Mix, WW Bread, Grapes, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤三文鱼、糙米、蔬菜、葡萄、全麦面包、1% 牛奶或低脂酸奶	<b>30</b> Vegetable Soup, Pork Stir-Fry w/ Vegetables, Cauliflower Rice, Vegetable Mix, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、猪肉、饭、面包、蔬菜、橙子、1% 牛奶或低脂酸奶

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。