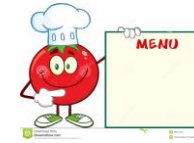


OCTOBER 2023 十月

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
	1 Vegetable Soup, Spiced Chili, Baked Fries, Mixed Vegetables, Kiwis, 1% Milk or Low-Fat Yogurt 蔬菜汤、素肉蔬菜、烤薯条、蔬菜、猕猴桃、全麦面包、1% 牛奶或低脂酸奶	2 Vegetable Soup, Cooked Shrimp, Soba Noodles, WW Bread, Vegetable Mix, Orange, 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	3 Vegetable Soup, Lamb Chops, Cauliflower Rice, Multigrain Bread, Vegetable Mix, Peach, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤羊排、花椰菜饭、蔬菜、杂粮面包、桃子、1% 牛奶或低脂酸奶	4 Vegetable Soup, Baked Korean Chicken Wings, WW Bread, 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
7 Black Bean Soup, Veggie Burger, Whole Wheat Pasta, WW Bread, Vegetable Mix, Fruit Cocktail, 1% Milk or Low-Fat Yogurt 黑豆汤、素汉堡、意大利面、全麦面包、蔬菜、杂果汁、1% 牛奶或低脂酸奶	8 Vegetable Soup, BBQ Boneless Beef Ribs, Baked 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	9 Vegetable Soup, Baked Chicken Breast, Rice with Veggies, 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	10 Vegetable Soup, Baked Salmon, Brown Rice, Vegetable Mix, 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	11 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
14 Vegetable Soup, Beef Bulgogi, Egg Noodles, WW Bread, California Blend Vegetables, Kiwi, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤牛肉、蛋面、全麦面包、蔬菜、猕猴桃、1% 牛奶或低脂酸奶	15 Vegetable Soup, Asian Style Honey Chicken, WW Bread, Brown Rice, Normandy Blend Vegetables, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鸡、糙米、蔬菜、全麦面包、苹果、1% 牛奶或低脂酸奶	16 Vegetable Soup, BBQ Pork Chops, Rice A Roni, California Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤猪排、米饭、蔬菜、香蕉、1% 牛奶或低脂酸奶	17 Vegetable Soup, Baked Fish w/ Soy Sauce, Rice, WW Bread, Normandy Blend Vegetables, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、焗鱼、蔬菜、米饭、全麦面包、梨、1% 牛奶或低脂酸奶	18 Vegetable Soup, Chickpea Pasta, Cornbread, Vegetable Mix, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、鹰嘴豆意大利面、玉米面包、蔬菜、橙子、1% 牛奶或低脂酸奶
21 Vegetable Soup, Ground Turkey Tacos, Mexican Confetti Rice, WW Bread, Capri Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、火鸡玉米饼、全麦面包、米饭、蔬菜、香蕉、1% 牛奶或低脂酸奶	22 Vegetable Soup, Black Bean Burger, Confetti Brown Rice, WW Bread, Red Cabbage, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、黑豆汉堡、糙米、全麦面包、红甘蓝、苹果、1% 牛奶或低脂酸奶	23 Vegetable Soup, Pork Stir Fry w/ Vegetables, Cauliflower Rice, Broccoli and Red Peppers, WW Bread, Plum, 1% Milk or Low-Fat Yogurt 蔬菜汤、蔬菜炒猪肉、花椰菜饭、西兰花甜椒、全麦面包、李子、1% 牛奶或低脂酸奶	24 Vegetable Soup, Beef Stew w/ Carrots & Potatoes, Egg Noodles, WW Bread, Collard Greens, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、胡萝卜土豆炖牛肉、蛋面、面包、羽衣甘蓝、橙子、1% 牛奶或低脂酸奶	25 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、全麦面包、卷心菜沙拉、桃子、1% 牛奶或低脂酸奶
28 Vegetable Soup, BBQ Pork Chops, Pasta, Creamy Spinach, WW Bread, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤猪排、意大利面、全麦面包、奶油菠菜、香蕉、1% 牛奶或低脂酸奶	29 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	30 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	31 Vegetable Soup, Chicken Parmesan, Bowtie Pasta, California Blend Vegetables, WW Bread, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、鸡肉意大利面、蔬菜、全麦面包、梨、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，一直维持到下午 1 点，或者直到我们的食物卖完为止，以先到者为准。请携带您的会员卡/条形码和 2.00 美元的建议捐款。