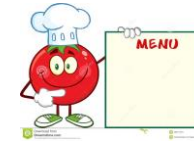


September 2024 九月 Lunch Menu 午餐菜单

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>2</p> <p>Labor Day 劳动节 CENTER CLOSED 中心休息</p> | <p>3 Vegetable Soup, Baked Asian Style Honey Chicken, Brown Rice, Normandy Blend Vegetables, WW Bread, 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</p> | <p>4 Vegetable Soup, BBQ Pork Chops, Rice A Roni, WW Bread, California Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤猪排、米饭、全麦面包、蔬菜、香蕉、1% 牛奶或低脂酸奶</p> | <p>5 Vegetable Soup, Baked Fish w/ Soy Sauce, Normandy Blend Vegetables, Rice, WW Bread, 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</p> | <p>6 Vegetable Soup, Chickpea Pasta, Cornbread, Mixed Vegetables, 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</p> |
| <p>9 Vegetable Soup, Turkey Tacos, WW Bread, Rice, 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</p> | <p>10 Vegetable Soup, Black Bean Burger, 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</p> | <p>11 Vegetable Soup, Pork Stir Fry w/ Broccoli & Red Peppers, Cauliflower Rice, WW Bread, Plums, 1% Milk or Low-Fat Yogurt 蔬菜汤、西兰花甜椒炒猪肉、花椰菜饭、全麦面包、李子、1% 牛奶或低脂酸奶</p> | <p>12 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、全麦面包、羽衣甘蓝、橙子、1% 牛奶或低脂酸奶</p> | <p>13 Vegetable Soup, Baked Fish, Cilantro Lime Rice, WW Bread, Cole Slaw, 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</p> |
| <p>16 Vegetable Soup, BBQ Pork Chops, Pasta, WW Bread, Creamy Spinach, 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</p> | <p>17 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</p> | <p>18 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</p> | <p>19 Vegetable Soup, Chicken Parmesan w/ Sauteed Onions & Garlic, Bowtie Pasta, California Blend Vegetables, WW Bread, Pear, 1% Milk or Low-Fat Yogurt 蔬菜汤、鸡肉番茄酱配意大利面、蔬菜、全麦面包、梨、1% 牛奶或低脂酸奶</p> | <p>20 Vegetable Soup, Falafel Balls, WW Bread, Baked Sweet Potato, California Blend Vegetables, Grapes, 1% Milk or Low-Fat Yogurt 蔬菜汤、沙拉球、全麦面包、烤番薯、蔬菜、葡萄、1% 牛奶或低脂酸奶</p> |
| <p>23 Vegetable Soup, BBQ Chicken, Black Beans & Rice, California Blend Vegetables, WW Bread, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鸡、黑豆米饭、蔬菜、全麦面包、苹果、1% 牛奶或低脂酸奶</p> | <p>24 Vegetable Soup, Baked Fish, Egg Noodles, WW Bread, California Blend Vegetables, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鱼、蛋面、全麦面包、蔬菜、橙子、1% 牛奶或低脂酸奶</p> | <p>25 Vegetable Soup, Veggie Burger, WW Bread, Vegetable Mix, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、素汉堡、全麦面包、混合蔬菜、苹果、1% 牛奶或低脂酸奶</p> | <p>26 Vegetable Soup, Pork Meatballs, Asparagus, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、猪肉丸、芦笋、全麦面包、橙子、1% 牛奶或低脂酸奶</p> | <p>27 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</p> |
| <p>30 Vegetable Soup, Spaghetti w/ Sausage, WW Bread, Mixed Vegetables, Apple, 1% Milk or Low-Fat Yogurt 蔬菜汤、香肠意大利面、全麦面包、蔬菜、苹果、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。