

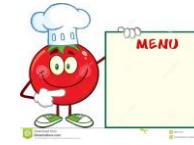
December 2024



Lunch Menu 十二月菜单

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
2 Vegetable Soup, Turkey Tacos, Rice, Capri Blend Vegetables, Banana, WW Bread, 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	3 Vegetable Soup, Black Bean Burger, Brown Rice, Braised Red Cabbage, Apple, WW Bread, 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	4 Vegetable Soup, Pork Stir Fry with Vegetables, Cauliflower Rice, Broccoli & Red peppers, Plum, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、猪肉炒蔬菜、花椰菜米饭、西兰花和红辣椒、李子、全麦面包、1% 牛奶或低脂酸奶	5 Vegetable Soup, Beef Stew w/ Carrots & White Potatoes, Egg Noodles, WW Bread, Braised Collard Greens, Orange, WW Bread, 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	6 Vegetable Soup, Baked Fish, Cilantro Lime Rice, Cole Slaw, Peach, WW Bread, 1% Milk or Low-Fat Yogurt 1% 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
9 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	10 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	11 Vegetable Soup, Baked Fish, Caesar Salad, Orange, WW Bread, 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	12 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	13 Vegetable Soup, Crunchy Breaded Tofu Bites, Rice Pilaf, Beet Salad, Grapes, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、脆豆腐、抓饭、甜菜沙拉、葡萄、全麦面包、1% 牛奶或低脂酸奶
16 Vegetable Soup, BBQ Chicken, Black Beans & Rice, California Blend Vegetables, Apple, WW Bread, 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	17 Vegetable Soup, Baked Fish, Egg Noodles, California Blend Vegetables, WW Bread, 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	18 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	19 Vegetable Soup, Pork Meatballs, WW Bread, Asparagus, 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	20 Vegetable Soup, Beef Hamburger, 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
23 Vegetable Soup, Baked Spaghetti w/ Sausage, Vegetable Mix, WW Bread, 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	24 Vegetable Soup, Roasted Turkey, Rice, Bamboo Shoots, WW Bread, Kiwi, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤火鸡、米饭、竹笋、全麦面包、猕猴桃、1% 牛奶或低脂酸奶	25 *CENTER CLOSED FOR CHRISTMAS* 圣诞节中心休息 	26 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	27 Vegetable Soup, Korean Style Chicken Wings, Yellow Rice, Vegetable Mix, WW Bread, Apple, 蔬菜汤、烤韩式鸡翅、黄米饭、蔬菜、全麦面包、苹果、1% 牛奶或低脂酸奶
30 Vegetable Soup, Veggie Burger, WW Pasta, Vegetable Mix, WW Bread, Fruit Cocktail, 1% Milk or Low-Fat Yogurt 蔬菜汤、素汉堡、意大利面、全麦面包、蔬菜、杂果汁、1% 牛奶或低脂酸奶	31 Vegetable Soup, BBQ Beef Ribs, Baked Vegetable Alfredo Pasta, 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			

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。