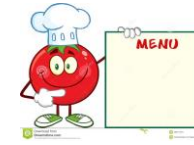


November 2024

Lunch Menu 十一月

Selfhelp Latimer Gardens Senior Center
34-30 137th St, Flushing, NY 11354
Telephone: 718-961-3660



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Vegetable Soup, Baked Falafel Balls, Rice Pilaf, Beet Salad, WW Bread, 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
4 Vegetable Soup, BBQ Chicken, Black Beans & Rice, WW Bread, California Blend Vegetables, 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	5 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	6 Vegetable Soup, California 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	7 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	8 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
11 Vegetable Soup, Spaghetti with Sausage, WW Bread, Vegetable Mix, 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	12 Vegetable Soup, Spiced Chili, Baked Fries, Spiced Mixed Vegetables, Kiwi, WW Bread, 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	13 Vegetable Soup, Shrimp, Sesame Soba Noodles, WW Bread, Mixed Vegetables, 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	14 Vegetable Soup, Lamb Chops, Cauliflower Rice, WW Bread, Mixed Vegetables, 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	15 Vegetable Soup, Baked Korean Chicken Wings, WW Bread, Yellow Rice, Mixed Vegetables Blend, 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
18 Vegetable Soup, California Veggie Burger, WW Pasta, WW Bread, Vegetable Mix, 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	19 Vegetable Soup, BBQ Boneless Beef Ribs, WW Bread, 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	20 Vegetable Soup, Baked Chicken Breast, Rice w/ Vegetables, 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	21 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	22 Vegetable Soup, Pork Stir Fry w/ Vegetables, Cauliflower Rice, Vegetable Mix, 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
25 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	26 Vegetable Soup, Asian Style Honey Chicken, WW Bread, Brown Rice, Normandy Blend Veggies, 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	27 Turkey Breast, Mashed Potatoes, Cabbage, Cornbread, Banana, 1% Milk or Low-Fat Yogurt 火鸡胸肉, 马铃薯泥, 高丽菜, 玉米面包, 香蕉, 1% 牛奶或低脂酸奶	28 *CENTER CLOSED FOR THANKSGIVING*	29 *CENTER CLOSED*

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。