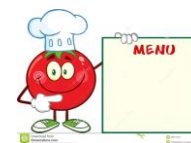


# January 2025 Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Center Closed 中心关门</p>	<p>2 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</p>	<p>3 Vegetable Soup, Pork Stir Fry w/ Vegetables, Mixed Vegetables, Cauliflower Rice, WW Bread, Orange, 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>6 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</p>	<p>7 Vegetable Soup, Honey Chicken, 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</p>	<p>8 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、全麦面包、蔬菜、香蕉、1%牛奶或低脂酸奶</p>	<p>9 Vegetable Soup, Soy Sauce Baked Fish, Brown 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</p>	<p>10 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</p>
<p>13 Vegetable Soup, Turkey Tacos, Mexican Confetti Rice, WW Bread, Vegetable Mix, 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>14 Vegetable Soup, Black Bean Burger, Brown Rice, WW Bread, Braised, 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>15 Vegetable Soup, Pork Stir Fry w/ Vegetables, Cauliflower Rice, WW Bread, Broccoli &amp; Red Peppers, Plum, 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>16 Vegetable Soup, Beef Stew, Egg Noodles, Collard Greens, WW Bread, 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>17 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</p>
<p>20</p> <p>Martin Luther King Jr. Day Center Closed 中心关门</p>	<p>21 Vegetable Soup, Baked Ziti w/ Beef Meatballs, WW Bread, Asparagus, Apple, 1% Milk or Low-Fat Yogurt 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>22 Vegetable Soup, Baked Fish, French Fries, California Blend Vegetables, WW Bread, Orange, 1% Milk or Low-Fat Yogurt 蔬菜汤、烤鱼、炸薯条、全麦面包、蔬菜、橙子、1%牛奶或低脂酸奶</p>	<p>23 Vegetable Soup, Chicken Parmesan, Bowtie Pasta, Garden Salad, 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>24 Vegetable Soup, Breaded Tofu Bites, Rice Pilaf, Beet Salad, Grapes, WW Bread, 1% Milk or Low-Fat Yogurt 蔬菜汤、面包豆腐块、饭、甜菜沙拉、葡萄、面包、1%牛奶或低脂酸奶</p>
<p>27 Vegetable Soup, BBQ Chicken, Rice &amp; Black Beans, 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>28 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</p>	<p>29 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>30 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</p>	<p>31 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>

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。