

February 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>3 Chinese style pepper steak, vegetable lo Mein, whole wheat bread, steamed green beans, apple, milk/yogurt 中式胡椒牛排、蔬菜炒面、全麦面包、蒸青豆、苹果、牛奶/酸奶</p> | <p>4 Turkey Shepherd Pie, whole wheat bread, garden salad, orange, milk/ yogurt 火鸡牧羊派、全麦面包、田园沙拉、橙子、牛奶/酸奶</p> | <p>5 dill lemon sauce, salmon cakes, cous cous, whole wheat bread, roasted butternut squash, kiwis*2, milk/ yogurt 莳萝柠檬酱、三文鱼饼、库斯库斯、全麦面包、烤南瓜、猕猴桃*2、牛奶/酸奶</p> | <p>6 traditional whole wheat bean burrito, brown rice, corn and black bean salad, green bean salad, pear, milk/ yogurt 传统全麦豆卷饼、糙米饭、玉米和黑豆沙拉、青豆沙拉、梨、牛奶/酸奶</p> | <p>7 baked Asian style honey chicken, challah bread, white rice, oriental blend vegetables, applesauce, milk/ yogurt 烤亚洲风味蜜汁鸡、沙拉面包、白米饭、东方混合蔬菜、苹果酱、牛奶/酸奶</p> |
| <p>10 classic chicken cacciatore, pasta, whole wheat bread, steamed green beans, apple, milk/ yogurt 经典焖鸡肉、意大利面、全麦面包、蒸青豆、苹果、牛奶/酸奶</p> | <p>11 crispy oven baked falafel patties, hummus, rice pilaf, whole wheat Pita, Za'atar spiced Israeli salad, orange, milk/ yogurt 烤脆沙拉三明治、鹰嘴豆泥、米饭、全麦皮塔饼、香料沙拉、橙子、牛奶/酸奶</p> | <p>12 shepherd pie with turkey, whole wheat bread, tossed salad with dressing, kiwis*2, milk/ yogurt 牧羊派 (配火鸡肉)、全麦面包、沙拉、猕猴桃*2、牛奶/酸奶</p> | <p>13 salmon salad, bowtie pasta salad, plain pita, red cabbage salad, pear, milk/ yogurt 三文鱼沙拉、蝴蝶结意面沙拉、原味皮塔饼、红卷心菜沙拉、梨、牛奶/酸奶</p> | <p>14 roasted chicken, challah bread, carrot tzimmes, potato kugel, applesauce, milk/ yogurt 烤鸡肉、沙拉面包、胡萝卜馅饼、土豆卷、苹果酱、牛奶/酸奶</p> |
| <p>17 Swedish meatballs with turkey, egg noodles, whole wheat bread, steamed sliced carrots, apple, milk/ yogurt 瑞典火鸡肉丸、鸡蛋面条、全麦面包、蒸胡萝卜片、苹果、牛奶/酸奶</p> | <p>18 dairy free eggplant rollatini, pasta, whole wheat bread, Italian blend vegetables, orange, milk/ yogurt 无奶茄子卷、意大利面、全麦面包、意大利混合蔬菜、橙子、牛奶/酸奶</p> | <p>19 beef pot roast sauteed onions and peppers, whole wheat bread, broccoli kugel, roasted sweet potato slices, kiwis*2, milk/ yogurt 锅烤牛肉 (炒洋葱青椒)、全麦面包、西兰花卷、烤红薯片、猕猴桃*2、牛奶/酸奶</p> | <p>20 teriyaki baked fish, white rice, whole wheat bread, steamed green bean, pear, milk/ yogurt 照烧烤鱼、白米饭、全麦面包、蒸青豆、梨、牛奶/酸奶</p> | <p>21 chicken shawarma, challah bread, jeera rice, roasted beets, applesauce, milk/ yogurt 鸡肉沙瓦玛、沙拉面包、吉拉米饭、烤甜菜、苹果酱、牛奶/酸奶</p> |
| <p>24 homemade tomato sauce, turkey meatballs, garlic bread, pasta, Italian blend, vegetables, apple, milk/ yogurt 自制番茄酱、火鸡肉丸、大蒜面包、意大利面、意大利混合面、蔬菜、苹果、牛奶/酸奶</p> | <p>25 hummus, kasha knish, whole wheat bread, chickpeas, Israeli salad, orange, milk/ yogurt 鹰嘴豆泥、卡沙烤饼、全麦面包、鹰嘴豆、以色列沙拉、橙子、牛奶/酸奶</p> | <p>26 stuffed cabbage with beef, kasha varnishkes, whole wheat bread, steamed carrots, kiwis*2, milk/ yogurt 牛肉酿卷心菜、卡沙馅饼、全麦面包、蒸胡萝卜、猕猴桃*2、牛奶/酸奶</p> | <p>27 fish francaise, whole wheat bread, mashed potatoes, spinach souffle, pear, milk/ yogurt 法式鱼、全麦面包、土豆泥、菠菜蛋奶酥、梨、牛奶/酸奶</p> | <p>28 Hawaiian chicken, challah bread, capri blend vegetables, roasted sweet potato slices, apple sauce, milk/ yogurt 夏威夷鸡肉、沙拉面包、卡普里混合蔬菜、烤红薯片、苹果酱、牛奶/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。