

March Menu 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday
3 chicken marsala, white rice, WWB, Italian blend vegetables, apple, milk 马沙拉鸡, 白米饭, 全麦面包, 意大利混合蔬菜, 苹果, 牛奶	4 shepherd pie with turkey, WWB, garden salad, orange, milk 火鸡派、W全麦面包、田园沙拉、橙子、牛奶	5 sweet and sour beef meatballs, egg barley, WWB, Spanish souffle, kiwis*2, milk 酸甜牛肉丸、鸡蛋大麦、全麦面包、西班牙蛋奶酥、奇异果*2、牛奶	6 vegan stuffed bell peppers, brown rice, WWB, steamed green beans, pear, milk 素食酿青椒, 糙米, 全麦面包, 蒸青豆, 梨, 牛奶	7 roasted chicken, challah bread, carrot tzimmes, potato kugel, applesauce, milk 烤鸡, 哈拉面包, 胡萝卜馅, 土豆糕, 苹果酱, 牛奶
10 sauteed onions and peppers, turkey burger, WWB, California blend vegetables, roasted sweet potato slices, apple, milk 炒洋葱和辣椒、火鸡汉堡、全麦面包、加州混合蔬菜、烤红薯片、苹果、牛奶	11 beef meatloaf with mushroom gravy, WWB, broccoli kugel, mashed potatoes, orange, milk 牛肉饼配蘑菇汁、全麦面包、西兰花糕、土豆泥、橙子、牛奶	12 baked breaded fish, dill lemon sauce, rice a Roni, WWB, sauteed zucchini, kiwis*2, milk 烤面包鱼, 莳萝柠檬酱, Roni 米饭, 全麦面包, 炒西葫芦, 猕猴桃*2, 牛奶	13 meaty vegetarian moussaka, WWB, tossed salad with dressing, pear, milk 荤素木莎卡, 全麦面包, 拌沙拉配酱汁, 梨, 牛奶	14 cranberry chicken challah bread, sweet noodle kugel, Italian cut green beans, applesauce, milk 蔓越莓鸡肉哈拉面包, 甜面条库格尔, 意大利切青豆, 苹果酱, 牛奶
17 Chinese style pepper steak, vegetable lo mein, WWB, steamed green beans, apple, milk 中式胡椒牛排、蔬菜捞面、全麦面包、蒸青豆、苹果、牛奶	18 California turkey meatloaf, WWB, Italian blend vegetables, roasted sweet potato slices, orange, milk 加州火鸡肉卷、全麦面包、意大利混合蔬菜、烤红薯片、橙子、牛奶	19 dill lemon sauce, almond cake, cous cous, WWB, roasted butternut squash, kiwis*2, milk 莳萝柠檬酱、杏仁蛋糕、库斯库斯、全麦面包、烤南瓜、猕猴桃*2、牛奶	20 traditional whole wheat bean burrito, brown rice, tossed salad with dressing, pear, milk 传统全麦豆卷饼、糙米饭、沙拉(配沙拉酱)、梨、牛奶	21 baked Asian style honey chicken, challah bread, white rice, oriental blend vegetables, applesauce, milk 烤蜜汁鸡肉、沙拉面包、白米饭、混合蔬菜、苹果酱、牛奶
24 classic chicken cacciatore, pasta, WWB, steamed green beans, apple, milk 经典焖鸡肉、意大利面、全麦面包、蒸青豆、苹果、牛奶	25 crispy oven baked falafel patties, hummus, rice pilaf, whole wheat pita, za'atar spiced Israeli salad, orange, milk 沙拉三明治饼、鹰嘴豆泥、米饭皮拉、全麦皮塔饼、以色列沙拉、橙子、牛奶	26 shepherd pie with turkey, WWB, Tossed salad with dressing, kiwis*2, milk 牧羊派配火鸡肉、全麦面包、沙拉酱、猕猴桃*2、牛奶	27 salmon salad, bowtie pasta salad, plain pita, red cabbage salad, pear, milk 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	28 roasted chicken challah bread, carrot tzimmes, potato kugel, applesauce, milk 烤鸡肉沙拉面包、胡萝卜馅饼、土豆卷、苹果酱、牛奶
31 Swedish meatballs with turkey, egg noodles, WWB, steamed sliced carrots, apple, milk 瑞典火鸡肉丸、鸡蛋面条、全麦面包、蒸胡萝卜片、苹果、牛奶				

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。