

April Menu 2025

Selfhelp Latimer Gardens Senior Center

34-30 137th St, Flushing, NY 11354

Telephone: 718-961-3660



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | 1 Dairy free eggplant rollatini, pasta, ww, Italian blend vegetables, orange, milk 茄子卷、意大利面、全麦面包、意大利混合蔬菜、橙子、牛奶 | 2 Beef pot roast, sauteed onions and peppers, ww, broccoli kugel, roasted sweet potato slices, kiwis, milk 锅烤牛肉、炒洋葱青椒、全麦面包、西兰花卷、烤红薯片、猕猴桃牛奶 | 3 Teriyaki baked fish, white rice, ww, steamed green beans, pear, milk 照烧烤鱼、白米饭、ww、蒸青豆、梨、牛奶 | 4 Chicken shawarma, challah bread, jeera rice, roasted beets, applesauce, milk 鸡肉沙瓦玛、沙拉面包、吉拉米饭、烤甜菜、苹果酱、牛奶 |
| 7 Turkey burger, mashed sweet potatoes, beets, fruit, bread, milk 火鸡汉堡、红薯泥、甜菜、水果、面包、牛奶 | 8 Salmon with sauce, mashed potatoes, carrots, fruit, bread, milk 三文鱼配酱汁、土豆泥、胡萝卜、水果、面包、牛奶 | 9 Meat sauce, farfel, Israeli salad, fruit, bread, milk 肉酱、法菲尔、以色列沙拉、水果、面包、牛奶 | 10 Stuffed pepper, sides TBD, fruit, bread, milk 酿辣椒、小菜待定、水果、面包、牛奶 | 11 Roast chicken/ brown gravy, roast potatoes, carrot, fruit, bread, milk tzimmes 烤鸡肉/棕色肉汁、烤土豆、胡萝卜馅饼、水果、面包、牛奶 |
| 14 Frozen meal: Italian meat sauce, Passover pasta, broccoli souffle, fruit, milk 冷冻餐:意大利肉酱、意面、西兰花蛋奶酥、水果、牛奶 | 15 Frozen meal: turkey burger/ onion sauce, mashed sweet potatoes, beets, fruit, milk 冷冻餐:火鸡汉堡/洋葱酱、红薯泥、甜菜、水果、牛奶 | 16 Frozen meal: baked fish/ tomatoes & herbs, sweet matzah farfel, mashed cauliflower, fruit, milk 冷冻餐:烤鱼/西红柿和香草、甜马扎法馅饼、花椰菜泥、水果、牛奶 | 17 Frozen meal: stuffed peppers, sides TBD, fruit, milk 冷冻餐:酿辣椒、小菜待定、水果、牛奶 | 18 Frozen meal: roast chicken/ brown gravy, potato kugel, carrot tzimmers, fruit, milk 冷冻餐:烤鸡肉/棕色肉汁、土豆卷、胡萝卜馅饼、水果、牛奶 |
| <p>Attention: Please note that for the week of Passover (April 14-18), we will only be serving FROZEN to go meals. We will not be heating up the meals as they come frozen. Please plan accordingly. 请注意 请注意, 在逾越节的那一周 (4月14日至18日), 我们将只提供冷冻餐。我们不会加热冷冻餐食。请做好相应计划。</p> | | | | |
| 21 Sauteed onions and peppers, turkey burger, ww, California blend vegetables, roasted sweet potato slices, apple, milk 炒洋葱和青椒、火鸡汉堡、全麦面包、加州混合蔬菜、烤红薯片、苹果、牛奶 | 22 Beef meatloaf with mushroom gravy, ww, broccoli kugel, mashed potatoes, orange, milk 牛肉饼配蘑菇肉汁、全麦面包、西兰花卷、土豆泥、橙子、牛奶 | 23 Baked breaded fish, dill lemon sauce, rice a roni, ww, sauteed zucchini, kiwis, milk 烤鱼、莳萝柠檬酱、Roni 米饭、全麦面包、炒西葫芦、猕猴桃、牛奶 | 24 Meaty vegetarian moussaka, ww, tossed salad with dressing, pear, milk 荤素慕萨卡、全麦面包、拌沙拉、梨、牛奶 | 25 Cranberry chicken, challah bread, sweet noodle kugel, Italian cut green beans 蔓越莓鸡肉、沙拉面包、甜面 kugel、意式切青豆 |
| 28 Chinese style pepper steak, vegetable lo mein, ww, steamed green beans, apple, milk 中式胡椒牛排、蔬菜炒面、馄饨、蒸青豆、苹果、牛奶 | 29 California turkey meatloaf, ww, 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 | 30 Dill lemon sauce, salmon cakes, cous cous, ww, roasted butternut squash, kiwis, milk 柠檬酱、三文鱼饼、库斯库斯、全麦面包、烤南瓜、猕猴桃、牛奶 |  <p>wwb: whole wheat bread</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。