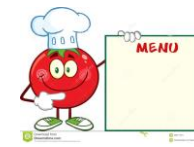


May 2025 Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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	2 Baked Asian style honey chicken, challah bread, white rice, oriental blend vegetables, applesauce, milk 焗亚洲风味蜜汁鸡、沙拉面包、白米饭、东方混合蔬菜、苹果酱、牛奶
5 Classic chicken cacciatore, pasta, whole wheat bread, 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	6 Crispy oven baked falafel patties, hummus, rice pilaf, whole wheat pita, za'atar spiced Israeli salad, orange, milk 沙拉三明治馅饼、鹰嘴豆泥、米饭皮拉、全麦皮塔饼、香料以色列沙拉、橙子、牛奶	7 Shepherd pie with turkey, whole wheat bread, tossed salad with dressing, kiwis, milk 牧羊人派（配火鸡肉）、全麦面包、沙拉（配沙拉酱）、猕猴桃、牛奶	8 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	9 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
12 Swedish meatballs with turkey, egg noodles, whole wheat bread, 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	13 Dairy free eggplant rollatini, pasta, whole wheat bread, Italian blend vegetables, orange, milk 不含乳制品的茄子卷、意大利面、全麦面包、意大利混合蔬菜、橙子、牛奶	14 Beef pot roast, sauteed onions and peppers, whole wheat bread, broccoli kugel, roasted sweet potato slices, kiwis, milk 锅烤牛肉、炒洋葱和青椒、全麦面包、西兰花卷、烤红薯片、猕猴桃、牛奶	15 Teriyaki baked fish, white rice, whole wheat bread, steamed green beans, pear, milk 照烧烤鱼、白米饭、全麦面包、蒸青豆、梨、牛奶	16 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
19 homemade tomato sauce, turkey meatballs, garlic bread, pasta, Italian blend vegetables, apple, milk 番茄酱、火鸡肉丸、大蒜面包、意大利面、混合蔬菜、苹果、牛奶	20 Hummus, kasha knish, whole wheat bread, chickpeas, Israeli salad, orange, milk 鹰嘴豆泥、卡沙烤饼、全麦面包、鹰嘴豆、以色列沙拉、橙子、牛奶	21 Stuffed cabbage with beef, kasha varnishkes, whole wheat bread, steamed carrots, kiwis, milk 牛肉酿卷心菜、卡沙馅饼、全麦面包、蒸胡萝卜、猕猴桃、牛奶	22 Fish francaise, whole wheat bread, mashed potatoes, spinach souffle, pear, milk 法式鱼、全麦面包、土豆泥、菠菜蛋奶酥、梨、牛奶	23 Hawaiian chicken, challah bread, capri blend vegetables, roasted sweet potato slices, applesauce, milk 夏威夷鸡肉、沙拉面包、混合蔬菜、烤红薯片、苹果酱、牛奶
26 Chicken marsala, white rice, whole wheat bread, Italian blend vegetables, apple, milk 马沙拉鸡肉、白米饭、全麦面包、意大利混合蔬菜、苹果、牛奶	27 Shepherd pie with turkey, whole wheat bread, garden salad, orange, milk 牧羊人派配火鸡肉、全麦面包、田园沙拉、橙子、牛奶	28 Sweet and sour beef meatballs, egg barley, whole wheat bread, spinach souffle, kiwis, milk 糖醋牛肉丸、鸡蛋大麦、全麦面包、菠菜蛋奶酥、猕猴桃、牛奶	29 Vegan stuffed bell peppers, brown rice, whole wheat bread, steamed green beans, pear, milk 素馅甜椒、糙米饭、全麦面包、蒸青豆、梨、牛奶	30 Roasted chicken, challah bread, carrot tzimmers, potato kugel, apple sauce, milk 烤鸡肉、沙拉面包、胡萝卜馅饼、土豆卷、苹果酱、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。