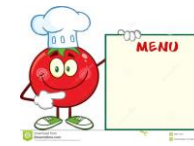




June 2025

Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Frozen, grab and go: Turkey Burger/BBQ Sauce, Roasted Sweet Potatoes, Creamed Spinach, Alternate: Lentil Stew or Mac & Cheese 冷冻, 外带: 火鸡汉堡/烧烤酱、烤红薯、奶油菠菜, 备用: 炖扁豆或奶酪通心粉	3 Frozen, grab and go: Pepper Steak, Fried Rice Oriental Blend Vegetables Alternate: Chickpea Stew or Cheese Blintzes 冷冻, 外带: 胡椒牛排、炒饭, 东方混合蔬菜 备用: 鹰嘴豆炖肉或奶酪薄饼	4 Baked breaded fish, dill lemon sauce, rice a roni, whole wheat bread, sauteed zucchini, kiwis, milk 焗面包鱼、莳萝柠檬酱、糙米饭、全麦面包、炒西葫芦、猕猴桃、牛奶	5 Meaty vegetarian moussaka, whole wheat bread, tossed salad with dressing, pear, milk 肉类素食穆萨卡、全麦面包、拌沙拉、梨、牛奶	6 Cranberry chicken, challah bread, sweet noodle kugel, Italian cut green beans, applesauce, milk 蔓越莓鸡肉、沙拉面包、甜面条、意大利切青豆、苹果酱、牛奶
9 Chinese style pepper steak, vegetable lo mein, whole wheat bread, steamed green beans, apple, milk 中式胡椒牛排、蔬菜卤面、全麦面包、蒸青豆、苹果、牛奶	10 California turkey meatloaf, whole wheat bread 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	11 Dill lemon sauce, salmon cakes, cous cous, whole wheat bread, roasted butternut squash 莳萝柠檬酱、三文鱼饼、库斯库斯、全麦面包、烤南瓜	12 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	13 Baked Asian style honey chicken challah bread, white rice, oriental blend vegetables, applesauce, milk 烤亚洲风味蜂蜜鸡肉沙拉面包、白米饭、东方混合蔬菜、苹果酱、牛奶
16 Classic chicken cacciatore, pasta, whole wheat bread, steamed green beans, apple, milk 经典炖鸡肉、意大利面、全麦面包、蒸青豆、苹果、牛奶	17 Crispy oven baked falafel patties, hummus, rice pilaf, whole wheat pita, Za'atar spiced Israeli salad, orange, milk 烤箱烤脆的沙拉三明治馅饼、鹰嘴豆泥、米饭皮拉、全麦皮塔饼、Za'atar 香料以色列沙拉、橙子、牛奶	18 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		20 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
23 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	24 Dairy free eggplant rollatini, pasta, whole wheat bread, Italian blend vegetables, orange, milk 无奶茄子卷、意大利面、全麦面包、意大利混合蔬菜、橙子、牛奶	25 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	26 Teriyaki baked fish, white rice, whole rice, whole wheat bread, steamed green beans, pear, milk 照烧烤鱼、白米饭、全麦米饭、全麦面包、蒸青豆、梨、牛奶	27 Chicken shawarma, challah bread jeera rice, roasted beets, applesauce, milk 沙瓦玛鸡肉、沙拉面包、吉拉米饭、烤甜菜、苹果酱、牛奶
30 Homemade tomato sauce, turkey meatballs, garlic bread, pasta, Italian blend vegetables, apple, milk 自制番茄酱、火鸡肉丸、大蒜面包、意大利面、意大利混合蔬菜、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。