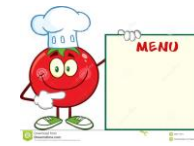




July 2025 Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 Stuffed Cabbage, kasha varnishkas, steamed carrots, whole wheat bread, broccoli kugel, mashed sweet potatoes, kiwis*2, milk 酿卷心菜、卡沙馅饼、蒸胡萝卜、全麦面包、西兰花卷、红薯泥、猕猴桃*2、牛奶	3 Baked breaded fish, whole wheat bread, yellow rice, beet salad, pear, milk 焗面包鱼、全麦面包、黄米饭、甜菜沙拉、梨、牛奶	
7 Chicken marsala, white rice, whole wheat bread, steamed broccoli, apple, milk 马沙拉鸡肉、白米饭、全麦面包、蒸西兰花、苹果、牛奶	8 Meaty vegetarian moussaka, whole wheat bread, tossed salad with dressing, orange, milk 肉类素食穆萨卡、全麦面包、沙拉（配沙拉酱）、橙子、牛奶	9 Beef meatballs, tomato sauce, spaghetti, whole wheat bread, spinach souffle, kiwis*2, milk 牛肉丸、番茄酱、意大利面、全麦面包、菠菜蛋奶酥、猕猴桃*2、牛奶	10 Baked salmon, whole wheat bread, homemade mashed potatoes, vegetable mix, pear, milk 烤三文鱼、全麦面包、自制土豆泥、混合蔬菜、梨、牛奶	11 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
14 Turkey with gravy, whole wheat bread, mashed sweet potatoes, steamed green beans, apple, milk 火鸡肉配肉汁、全麦面包、红薯泥、蒸青豆、苹果、牛奶	15 Basic shepherd's pie, whole wheat bread, tossed salad with dressing, orange, milk 牧羊人馅饼、全麦面包、拌沙拉、橙子、牛奶	16 Baked breaded fish, tartar sauce, rice a roni, whole wheat bread, cucumber salad, kiwis*2, milk 焗面包鱼、塔塔酱、米饭、全麦面包、黄瓜沙拉、猕猴桃*2、牛奶	17 Dairy free eggplant rollatini, classic garlic bread, pasta, green bean salad, pear, milk 无奶茄子卷、经典蒜蓉面包、意大利面、青豆沙拉、梨、牛奶	18 Cranberry chicken, challah bread, sweet noodle kugel, zucchini provencal, applesauce, milk 蔓越莓鸡肉、沙拉面包、甜面 kugel、普罗旺斯西葫芦、苹果酱、牛奶
21 Chinese style pepper steak, vegetable lo mein, whole wheat bread, steamed broccoli, apple, milk 中式胡椒牛排、蔬菜捞面、全麦面包、蒸西兰花、苹果、牛奶	22 Individual chicken pot pie, whole wheat bread, tomato and cucumber salad with dressing, orange, milk 独立鸡肉锅饼、全麦面包、番茄黄瓜沙拉（配沙拉酱）、橙子、牛奶	23 Dill lemon sauce, salmon cakes, cous cous, whole-wheat bread, cucumber dill salad, kiwis*2, milk 莳萝柠檬酱、三文鱼饼、库斯库斯、全麦面包、黄瓜莳萝沙拉、猕猴桃*2、牛奶	24 Fresh tomato salsa, traditional whole wheat bean burrito, brown rice, tossed salad with dressing, pear, milk 新鲜番茄莎莎酱、传统全麦豆卷饼、糙米饭、沙拉（配沙拉酱）、梨、牛奶	25 Baked Asian style honey chicken, challah bread, springtime fried brown rice, oriental blend vegetables, applesauce, milk 焗亚洲风味蜜汁鸡、沙拉面包、春季炒糙米饭、东方混合蔬菜、苹果酱、牛奶
28 Classic chicken cacciatore, pasta, whole wheat bread, garden salad, steamed green beans, apple, milk 经典焖鸡肉、意大利面、全麦面包、田园沙拉、蒸青豆、苹果、牛奶	29 Black bean and mushroom burger, hummus, rice pilaf, whole wheat pita, Israeli salad, orange, milk 黑豆蘑菇汉堡、鹰嘴豆泥、米饭皮拉、全麦皮塔饼、以色列沙拉、橙子、牛奶	30 Beef pot roast, broccoli souffle, mashed sweet potatoes, whole wheat bread, kiwis*2, milk 锅烤牛肉、西兰花蛋奶酥、红薯泥、全麦面包、猕猴桃*2、牛奶	31 Salmon salad, bowtie cabbage salad, plain pita, red cabbage salad, pear, milk 三文鱼沙拉、蝴蝶结卷心菜沙拉、原味皮塔饼、红卷心菜沙拉、梨、牛奶	

Menu is subject to change. Lunch starts at 11:30AM and will run until 12: 30PM 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 12: 30，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。