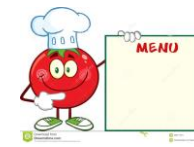


August 2025

Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roasted chicken, challah bread, carrot tzimmes, potato kugel, applesauce, milk 烤鸡、切拉面包、胡萝卜甜菜、土豆布丁、苹果酱、牛奶
4 Swedish meatballs with turkey, egg noodles, whole wheat bread, steamed sliced carrots, apple, milk 瑞典肉丸（火鸡肉）、鸡蛋面、全麦面包、蒸胡萝卜片、苹果、牛奶	5 Vegan stuffed bell peppers, whole wheat bread, cabbage salad with lemon- cumin dressing, orange, milk 素食馅料彩椒、全麦面包、柠檬孜然酱汁卷心菜沙拉、橙子、牛奶	6 Basic shepherd's pie, whole wheat bread, tossed salad with dressing, kiwis, milk 基础牧羊人派，全麦面包，拌沙拉配酱汁，猕猴桃，牛奶	7 Teriyaki baked fish, spring time fried brown rice, whole wheat bread, steamed green beans, pear, milk 照烧烤鱼，春季炸糙米饭，全麦面包，蒸青豆，梨，牛奶	8 Chicken shawarma, challah bread, jeera rice, beets and onion salad, applesauce, milk 鸡肉沙威玛、恰拉面包、孜然米饭、甜菜根洋葱沙拉、苹果酱、牛奶
11 Chicken spaghetti casserole, whole wheat bread, tossed salad with dressing, apple, milk 鸡肉通心粉烤盘，全麦面包，拌沙拉配酱汁，苹果，牛奶	12 Hummus, kasha knish, whole wheat bread, chickpeas, Israeli salad, orange, milk 鹰嘴豆泥、卡莎馅饼、全麦面包、鹰嘴豆、以色列沙拉、橙子、牛奶	13 Beef pot roast sauteed onions and peppers, whole wheat bread, broccoli kugel, mashed sweet potatoes, kiwis, milk 牛肉炖锅配炒洋葱和辣椒，全麦面包，西兰花布丁，甜薯泥，猕猴桃，牛奶	14 Fish Francaise, whole wheat bread, cucumber dill salad, mashed potatoes, pear, milk 法式鱼排，全麦面包，黄瓜莴苣沙拉，土豆泥，梨，牛奶	15 Hawaiian chicken, challah bread, capri blend vegetables, roasted sweet potato slices, applesauce, milk 夏威夷鸡肉、恰拉面包、卡普里混合蔬菜、烤甜薯片、苹果酱、牛奶
18 Chicken marsala, white rice, whole wheat bread, steamed broccoli, apple, milk 鸡肉玛莎拉、白米饭、全麦面包、蒸西兰花、苹果、牛奶	19 Meaty vegetarian moussaka, whole wheat bread, tossed salad with dressing, orange, milk 肉味素食穆萨卡，全麦面包，拌沙拉配酱汁，橙子，牛奶	20 Sweet and sour beef meatballs, egg barley, whole wheat bread, spinach souffle, kiwis, milk 酸甜牛肉丸，鸡蛋燕麦粥，全麦面包，菠菜舒芙蕾，猕猴桃，牛奶	21 Gefilte fish (from frozen), Orzo salad, whole wheat bread, beets and onion salad, pear, milk 鲱鱼丸（冷冻），奥尔佐沙拉，全麦面包，甜菜和洋葱沙拉，梨，牛奶	22 Roasted chicken, challah bread, carrot tzimmes potato, kugel, applesauce, milk 烤鸡、恰拉面包、胡萝卜甜菜土豆、库格尔、苹果酱、牛奶
25 Sauteed onions and peppers, turkey burger, plain hamburger bun, California blend vegetables, roasted sweet potato slices, apple, milk 炒洋葱和辣椒，火鸡汉堡，普通汉堡包，加州混合蔬菜，烤甜薯片，苹果，牛奶	26 Basic shepherd's pie, whole wheat bread, tossed salad with dressing, orange, milk 基础牧羊人派，全麦面包，拌沙拉配酱汁，橙子，牛奶	27 baked breaded fish, tartar sauce, rice A roni, whole wheat bread, cucumber dill salad, kiwis, milk 烤面包屑鱼，塔塔酱，米饭，全麦面包，黄瓜莴苣沙拉，猕猴桃，牛奶	28 Dairy free eggplant rollatini, pasta, whole wheat bread, cucumber dill salad, kiwis, milk 无乳制品茄子卷，意大利面，全麦面包，黄瓜莴苣沙拉，猕猴桃，牛奶	29 Cranberry chicken, challah bread, sweet noodle kugel, zucchini Provencal, applesauce, milk 蔓越莓鸡肉、恰拉面包、甜面条库格尔、普罗旺斯风味西葫芦、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。