

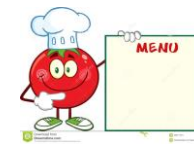
# September 2025

## Lunch Menu

Selfhelp Latimer Gardens Senior Center

34-30 137th St, Flushing, NY 11354

Telephone: 718-961-3660



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>LABOR DAY</b>	2 Individual chicken pot pie, whole wheat bread, tomato salad with basil, orange, milk  单人份鸡肉馅饼, 全麦面包, 罗勒番茄沙拉, 橙子, 牛奶	3 Dill lemon sauce, salmon cakes, cous cous, whole wheat bread, cucumber dill salad, kiwis, milk 莳萝柠檬酱、三文鱼饼、库斯、全麦面包、黄瓜莳萝沙拉、猕猴桃、牛奶	4 Fresh tomato salsa, traditional whole wheat bean burrito, brown rice, garden salad, pear, milk 新鲜番茄, 豆类卷饼, 糙米饭, 时令沙拉, 梨, 牛奶	5 Baked Asian style honey chicken, challah bread, springtime fried brown rice, oriental blend vegetables, applesauce, milk 亚洲风味蜜汁鸡, 面包, 香煎糙米饭, 什锦蔬菜, 苹果酱, 牛奶
8 Classic chicken cacciatore, pasta, whole wheat bread, garden salad, steamed green beans, apple, milk 经典风味鸡肉、意面、全麦面包、时令沙拉、清蒸青豆、苹果、牛奶	9 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、什锦炒饭、全麦皮塔饼、以色列沙拉、橙子、牛奶	10 Stuffed cabbage with beef, kasha varnishkes, whole wheat bread, steamed carrots, kiwis, milk 牛肉卷心菜卷、黑麦粒、全麦面包、蒸胡萝卜、猕猴桃、牛奶	11 Salmon salad, bowtie pasta salad, plain pita, red cabbage salad, pear, milk 三文鱼沙拉, 蝴蝶面沙拉, 原味皮塔饼, 红甘蓝沙拉, 梨, 牛奶	12 Roasted chicken, challah bread, carrot tzimmes, potato kugel, applesauce, milk 烤鸡、面包、胡萝卜甜菜炖菜、土豆冻糕、苹果酱、牛奶
15 Swedish meatballs with Turkey, egg noodle, whole wheat bread, steamed sliced carrots apple, milk 瑞典肉丸配火鸡肉、鸡蛋面、全麦面包、蒸胡萝卜片、苹果、牛奶	16 Vegan stuffed bell peppers, whole wheat bread, cabbage salad with lemon-cumin dressing, orange, milk 纯素馅甜椒、全麦面包、柠檬孜然酱拌卷心菜沙拉、橙子、牛奶	17 Basic shepherd's pie, whole wheat bread, tossed salad with dressing, kiwis, milk 牧羊人派, 全麦面包, 拌沙拉配酱汁, 猕猴桃, 牛奶	18 Teriyaki baked fish, springtime fried brown rice, whole wheat bread, steamed green beans, pear, milk 照烧烤鱼, 春季香煎糙米饭, 全麦面包, 清蒸四季豆, 梨, 牛奶	19 Chicken shawarma, challah bread, jeera rice, beets and onion salad, applesauce, milk 鸡肉沙瓦玛、哈拉面包、孜然米饭、甜菜根洋葱沙拉、苹果酱、牛奶
22 Chicken spaghetti casserole, whole wheat bread, tossed salad with dressing, apple, milk 鸡肉意面砂锅, 全麦面包, 沙拉配酱汁, 苹果, 牛奶	23 Chickpeas with beet salad, fresh cucumber & red onion, garden salad, whole wheat bread, milk/ yogurt & orange 鹰嘴豆沙拉, 新鲜黄瓜与红洋葱混合酱汁, 时令沙拉、全麦面包、牛奶/酸奶及橙子	24 Tuna with chopped celery and red onion tossed in a canola olive oil blend, garden salad, whole wheat bread, milk/ yogurt & orange 金枪鱼、芹菜和红洋葱, 时令沙拉、全麦面包、牛奶/酸奶及橙子	25 Fish Francaise, whole wheat bread, cucumber dill salad, mashed potatoes, mashed potatoes, pear, milk 法式炸鱼, 全麦面包, 莳萝黄瓜沙拉, 土豆泥, 土豆泥, 梨, 牛奶	26 Hawaiian chicken, challah bread, capri blend vegetables, roasted sweet potato slices, applesauce, milk 夏威夷风味鸡肉、哈拉面包、卡普里混合蔬菜、烤红薯片、苹果酱、牛奶
29 Chicken marsala, white rice, whole wheat bread, steamed broccoli, apple, milk 玛莎拉鸡, 白米饭, 全麦面包, 蒸西兰花, 苹果, 牛奶	30 Meaty vegetarian moussaka, whole wheat bread, tossed salad with dressing, milk 素食肉酱千层菜, 全麦面包, 拌沙拉配酱汁, 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。