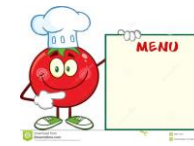


October 2025

Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sweet and sour beef meatballs, egg barley, whole wheat bread, spinach souffle, kiwis, milk 糖醋牛肉丸、鸡蛋大麦粥、全麦面包、菠菜蛋奶酥、猕猴桃、牛奶	2 <i>Salmon salad, beet and onion salad, Whole wheat bread, pear, milk</i> 三文鱼沙拉, 甜菜根洋葱沙拉, 全麦面包, 梨, 牛奶	3 Roasted chicken, challah bread, carrot tzimmes, potato kugel, applesauce, milk 烤鸡、哈拉面包、胡萝卜甜菜炖菜、土豆果冻糕、苹果酱、牛奶
6 Sauteed onions and peppers, turkey burger, plain hamburger bun, California blend vegetables, roasted sweet potato slices, apple, milk 炒洋葱和彩椒、火鸡汉堡肉饼、原味汉堡包、加州混合蔬菜、烤红薯片、苹果、牛奶	7 <i>Tuna fish salad with celery & onion, garden salad, Whole wheat bread, banana, milk</i> 金枪鱼沙拉, 时令蔬菜沙拉, 全麦面包, 香蕉, 牛奶	8 <i>Chicken salad with green pepper, onion & olives, garden salad, Whole wheat bread, orange, milk</i> 青椒洋葱橄榄鸡肉沙拉, 时蔬沙拉, 全麦面包, 橙子, 牛奶	9 Dairy free eggplant rollatini, pasta, whole wheat bread, green bean salad, pear, milk 无乳制品茄子卷, 意大利面, 全麦面包, 青豆沙拉, 梨, 牛奶	10 Cranberry chicken, challah bread, sweet noodle kugel, zucchini Provencal, applesauce, milk 蔓越莓鸡肉、哈拉面包、甜味意面果冻、普罗旺斯风味西葫芦、苹果酱、牛奶
13 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	14 <i>Whole wheat chicken breast with 1/2 cup cucumber wrap, garden salad, orange, milk</i> 全麦鸡胸肉配半杯黄瓜卷饼、时令沙拉、橙子、牛奶	15 <i>Meatballs with marinara sauce, garden salad, Whole wheat pita bread, banana, milk</i> 肉丸配番茄酱, 花园沙拉全麦皮塔饼, 香蕉, 牛奶	16 Fresh tomato, salsa, whole wheat bean burrito, brown rice, garden salad, pear, milk 新鲜番茄、全麦豆类卷饼、糙米、花园沙拉、梨、牛奶	17 Asian style honey chicken, challah bread, fried brown rice, oriental blend, vegetables, applesauce, milk 蜜汁鸡, 哈拉面包, 糙米, 蔬菜, 苹果酱, 牛奶
20 Classic chicken cacciatore, pasta, whole wheat bread, garden salad, steamed green beans, apple, milk 经典猎人风味鸡肉、意面、全麦面包、时令沙拉、清蒸青豆、苹果、牛奶	21 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	22 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	23 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	24 Roasted chicken, challah bread, carrot tzimmes, potato kugel, applesauce, milk 烤鸡、哈拉面包、胡萝卜甜菜炖菜、土豆果冻糕、苹果酱、牛奶
27 Swedish meatballs with turkey, egg noodles, 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	28 Vegan stuffed bell peppers, whole wheat bread, cabbage salad with lemon-cumin dressing, orange, milk 纯素馅甜椒、全麦面包、柠檬孜然酱汁卷心菜沙拉、橙子、牛奶	29 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	30 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	31 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

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。

Dates shown in bold italics are made in-house./ 加粗以及斜体标注的日期是我们自制的午餐