

December 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 Classic chicken cacciatore, pasta, whole wheat bread, garden salad, steamed green beans, apple, milk 经典鸡肉意面、全麦面包、田园沙拉、蒸青豆、苹果、牛奶	2 Black bean and mushroom burger, rice pilaf, whole wheat bread, Israeli salad, orange, milk 黑豆蘑菇汉堡、米饭、全麦面包、以色列沙拉、橙子、牛奶	3 Grilled homemade hamburger with sauteed onions, red roast potatoes, broccoli souffle, whole wheat bun, kiwis, milk 自制烤汉堡配炒洋葱、烤红薯、西兰花舒芙蕾、全麦面包、猕猴桃和牛奶	4 Salmon salad, mini whole wheat pita, bowtie pasta salad, red cabbage salad, pear, milk 三文鱼沙拉、迷你全麦皮塔饼、蝴蝶面沙拉、紫甘蓝沙拉、梨、牛奶	5 Roasted chicken, challah bread, carrot tzimmes, potato kugel, applesauce, milk 烤鸡、犹太面包、胡萝卜甜汤、土豆布丁、苹果酱、牛奶
8 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、苹果和牛奶	9 Vegan stuffed bell peppers, whole wheat bread, cabbage salad with lemon-cumin dressing, orange, milk 素食酿甜椒、全麦面包、柠檬孜然酱汁卷心菜沙拉、橙子、牛奶	10 Basic shepherd's pie, whole wheat bread, tossed salad with dressing, kiwis, milk 简易牧羊人派、全麦面包、拌沙拉（含沙拉酱）、猕猴桃、牛奶	11 Teriyaki baked fish, springtime fried brown rice, whole wheat bread, steamed green beans 照烧烤鱼、春季炒糙米饭、全麦面包、蒸青豆	12 Chicken shawarma, challah bread, jeera rice, beets and onion salad, applesauce, milk 鸡肉沙瓦玛、犹太面包、孜然米饭、甜菜根洋葱沙拉、苹果酱、牛奶
15 Chicken spaghetti casserole, whole wheat bread, tossed salad with dressing, apple, milk 鸡肉意面砂锅、全麦面包、拌沙拉（含沙拉酱）、苹果、牛奶	16 hummus, kasha knish, whole wheat bread, chickpeas, Israeli salad, orange, milk 鹰嘴豆泥、荞麦饼、全麦面包、鹰嘴豆、以色列沙拉、橙子、牛奶	17 Beef pot roast, sauteed onions and peppers, whole wheat bread, broccoli kugel, mashed sweet potatoes, kiwis, milk 炖牛肉、炒洋葱和甜椒、全麦面包、西兰花布丁、红薯泥、猕猴桃、牛奶	18 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	19 Hawaiian chicken, challah bread, capri blend vegetables, roasted sweet potato slices, applesauce, milk 夏威夷鸡肉、犹太面包、卡普里什锦蔬菜、烤红薯片、苹果酱、牛奶
22 Chicken marsala, white rice, whole wheat bread, steamed broccoli, apple, milk 玛萨拉鸡、白米饭、全麦面包、蒸西兰花、苹果、牛奶	23 Meaty vegetarian moussaka, whole wheat bread, tossed salad with dressing, orange, milk 肉馅素食茄子千层饼、全麦面包、拌沙拉（含酱汁）、橙子、牛奶	24 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、菠菜舒芙蕾、猕猴桃、牛奶		
29 Sautéed onions and peppers, turkey burger, plain hamburger bun, California blend vegetables, roasted sweet potato slices, apple, milk 炒洋葱和辣椒、火鸡汉堡肉饼、普通汉堡面包、加州什锦蔬菜、烤红薯片、苹果、牛奶	30 Basic shepherds' pie, whole wheat bread, tossed salad with dressing, orange, milk 简易牧羊人派、全麦面包、拌沙拉（含沙拉酱）、橙子、牛奶	31 Baked breaded fish, tartar sauce, rice A roni, whole wheat bread, cucumber dill salad, kiwis, milk 烤面包屑鱼配塔塔酱和米饭；意大利辣香肠配全麦面包、黄瓜莴苣沙拉、猕猴桃和牛奶		

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。