

# March 2026 Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Grilled chicken breast, whole wheat bread, roasted spiced red potatoes, sauteed green beans with onions, apple, milk 烤鸡胸肉、全麦面包、烤香料红薯、洋葱炒青豆、苹果、牛奶</p>	<p><b>3</b> Vegan stuffed bell peppers, whole wheat bread, health slaw, orange, milk 素食酿彩椒、全麦面包、健康凉拌卷心菜、橙子、牛奶</p>	<p><b>4</b> 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</p>	<p><b>5</b> Chicken stir fry with broccoli, peppers and carrots, springtime fried brown rice, whole wheat bread, oriental blend vegetables, pear, milk 鸡肉炒西兰花、甜椒胡萝卜, 糙米饭, 全麦面包, 东方什锦蔬菜, 梨, 牛奶</p>	<p><b>6</b> Mac and cheese, BBQ roasted chicken, seasoned collard greens, baked sweet potatoes with margarine, corn muffin, vegetable bao bun 奶酪通心粉、烤鸡、调味羽衣甘蓝、涂人造黄油的烤红薯、玉米松饼、蔬菜包子 <b>* Black history month special meal</b> <b>* 黑人历史月特餐</b></p>
<p><b>9</b> Chicken stir fry with vegetables, springtime fried brown rice, whole wheat bread, vegetable mix, apple, milk 鸡肉炒蔬菜、春季炒糙米饭、全麦面包、什锦蔬菜、苹果、牛奶</p>	<p><b>10</b> 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</p>	<p><b>11</b> Beef hamburger, sauteed onions and peppers, plain hamburger bun, broccoli kugel, mashed sweet potatoes, kiwis, milk 牛肉汉堡肉饼、炒洋葱辣椒、原味汉堡、西兰花布丁、红薯泥、猕猴桃/牛奶</p>	<p><b>12</b> Fish Francaise, white rice, whole wheat bread, vegetable mix, pear, milk 法式鱼排、白米饭、全麦面包、什锦蔬菜、梨、牛奶</p>	<p><b>13</b> 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</p>
<p><b>16</b> Chicken marsala, white rice, whole wheat bread, steamed broccoli, apple, milk</p>	<p><b>17</b> Corned beef, cabbage, boiled potatoes, milk, fruit, a</p>	<p><b>18</b> No noodle chicken chow mein, brown rice, whole wheat bread, sauteed stirring</p>	<p><b>19</b> Baked salmon, dill lemon sauce, whole wheat bread, roasted potatoes,</p>	<p><b>20</b> Beef meatballs, tomato sauce, challah bread, spaghetti,</p>

<p>玛萨拉鸡、白米饭、全麦面包、蒸西兰花、苹果、牛奶</p>	<p>slice of rye bread, vegetable bao bun 咸牛肉、卷心菜、煮土豆、牛奶、水果、一片黑麦面包、包子 <b>* St. Patrick's Day Lunch</b> <b>* 圣帕特里克日午餐</b></p>	<p>beans, kiwis, milk 无 面条鸡肉炒面、糙米饭、全麦面包、炒四季豆、猕猴桃、牛奶</p>	<p>vegetable mix, pear, milk 烤三文鱼、莳萝柠檬酱、全麦面包、烤土豆、什锦蔬菜、梨、牛奶</p>	<p>spinach souffle, applesauce, milk 牛肉丸、番茄酱、犹太面包、意大利面、菠菜舒芙蕾、苹果酱、牛奶</p>
<p><b>23</b> Chicken stir fry with vegetables, vegetable lo mein, whole wheat bread, steamed green beans, apple, milk 鸡肉炒蔬菜、蔬菜捞面、全麦面包、蒸四季豆、苹果、牛奶</p>	<p><b>24</b> 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（含沙拉酱）、橙子、牛奶</p>	<p><b>25</b> Baked breaded fish, tartar sauce, baked brown rice pilaf, whole wheat bread, cucumber salad, kiwis, milk 烤面包屑鱼、塔塔酱、烤糙米饭、全麦面包、黄瓜沙拉、猕猴桃、牛奶</p>	<p><b>26</b> Dairy free eggplant rollatini, classic garlic bread, pasta, green bean salad, pear, milk 不含乳制品的茄子卷、经典蒜蓉面包、意大利面、四季豆沙拉、梨、牛奶</p>	<p><b>27</b> Baked Asian style honey chicken, brown rice, challah bread, steamed zucchini, applesauce, milk 烤亚洲风味蜜汁鸡、糙米饭、犹太面包、蒸西葫芦、苹果酱、牛奶</p>
<p><b>30</b> Chinese style pepper steak, white rice, whole wheat bread, steamed broccoli, apple, milk 黑椒牛排、白米饭、全麦面包、蒸西兰花、苹果、牛奶</p>	<p><b>31</b> Individual chicken pot pie, whole wheat bread, tomato and cucumber salad with dressing, orange, milk 鸡肉馅饼、全麦面包、番茄黄瓜、橙子、牛奶</p>			

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。