

# April 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>1</b> Tasty whole wheat lo mein with edamame, whole wheat bread, garden salad, Italian blend vegetables, apple, milk 全麦面配毛豆、全麦面包、田园沙拉、混合蔬菜、苹果、牛奶</p>	<p><b>2</b> Asian style white fish with cilantro, white rice, whole wheat bread, steamed broccoli, kiwis, milk 亚洲风味香菜白鱼、白米饭、全麦面包、清蒸西兰花、猕猴桃、牛奶</p>	<p><b>3</b> Jerk chicken, roasted potatoes, whole wheat bread, sauteed spinach, orange, milk 牙买加烤鸡、烤土豆、全麦面包、炒菠菜、橙子、牛奶</p>
<p><b>6</b> General tso's chicken, white rice, whole wheat bread, sauteed green beans with onions, orange, milk 左宗棠鸡、白米饭、全麦面包、洋葱炒四季豆、橙子、牛奶</p>	<p><b>7</b> Smothered pork chops, Chinese style spaghetti, whole wheat bread, vegetable mix, peach, milk 浓汁猪排、中式意面、全麦面包、什锦蔬菜、桃子、牛奶</p>	<p><b>8</b> Jerk fish, cous cous whole wheat bread, steamed carrots, apple, milk 牙买加风味烤鱼、全麦库斯库斯面包、蒸胡萝卜、苹果、牛奶</p>	<p><b>9</b> Pork stir fry with vegetables, brown rice, whole wheat bread, brussels sprouts, pear, milk 蔬菜炒猪肉、糙米、全麦面包、抱子甘蓝、梨、牛奶</p>	<p><b>10</b> General tso's tofu, takeout style sesame chickpea noodles, whole wheat bread, garden salad, kiwis, milk 左宗棠豆腐、芝麻鹰嘴豆面、全麦面包、田园沙拉、猕猴桃、牛奶</p>
<p><b>13</b> Beef meatballs, brown mushroom gravy, rice pilaf, steamed fresh sliced carrots, whole wheat bread, 1% milk 牛肉丸, 棕色蘑菇肉汁, 米饭烩菜, 蒸新鲜胡萝卜片, 全麦面包, 1%牛奶</p>	<p><b>14</b> Fish francaise, lemon dill sauce, red roast potatoes, garlic kale, whole wheat bread, 1% milk 法式煎鱼配柠檬莳萝酱, 红烤土豆, 大蒜羽衣甘蓝, 全麦面包, 1%牛奶</p>	<p><b>15</b> Low salt chicken chow mein, bok choy &amp; oriental vevs, white rice, whole wheat bread, 1% milk 低盐鸡肉炒面, 白菜及东方蔬菜, 白米饭, 全麦面包, 1%牛奶</p>	<p><b>16</b> Black bean mushroom burger, fresh roll / hummus, couscous with vevs, sautéed cabbage w/ sesame, 1% milk 黑豆蘑菇汉堡, 新鲜面包卷/鹰嘴豆泥, 蔬菜蒸粗麦粉, 芝麻炒卷心菜, 1%牛奶</p>	<p><b>17</b> Chicken shawarma, cumin spiced rice, beet and onion salad, whole wheat bread, 1% milk 鸡肉沙威玛, 孜然香料米饭, 甜菜洋葱沙拉, 全麦面包, 1%牛奶</p>

<p><b>20</b> Turkey Chili, Taco Shells, Shredded Lettuce, Cheddar, Black Bean, Corn Salad, Spanish Rice, 1% Milk 火鸡辣椒, 玉米饼壳, 生菜丝, 切达干酪, 黑豆玉米沙拉, 西班牙米饭, 1%牛奶</p>	<p><b>21</b> Buckwheat Kinish, Hummus, Yellow Rice W/ Peas, Spicy Cauliflower, Whole Wheat Bread, 1% Milk 荞麦基尼什, 鹰嘴豆泥, 豌豆黄米饭, 香辣花椰菜, 全麦面包, 1%牛奶</p>	<p><b>22</b> Fresh Baked Salmon, Lemon Caper Sauce, White Rice, Snow Peas, Water chestnuts, Whole Wheat Bread, 1% Milk 新鲜烤三文鱼, 柠檬刺山柑酱, 白米饭, 豌豆荚, 马蹄, 全麦面包, 1%牛奶</p>	<p><b>23</b> Beef Burger, Bun, Saluted Onions, Peppers, Homefries Potatoes, Ketchup, Garden Salad Russian Dressing, 1% Milk 牛肉汉堡, 面包, 炒洋葱, 甜椒, 家庭式煎土豆, 番茄酱, 花园沙拉配俄式沙拉酱, 1%牛奶</p>	<p><b>24</b> BBQ Chicken Legs And Thighs, Collard Greens, Baked Fresh Sweet Potatoes, Whole Wheat Bread, 1% Milk 烧烤鸡腿和鸡大腿, 羽衣甘蓝, 烤新鲜红薯, 全麦面包, 1%牛奶</p>
<p><b>27</b> Chicken W/ Chinese Veges, Springtime Fried Rice, Fresh Broccoli with Garlic, Whole Wheat Bread, 1% Milk 鸡肉配中式蔬菜, 春季炒饭, 大蒜西兰花, 全麦面包, 1%牛奶</p>	<p><b>28</b> Beef Stuffed Cabbage, Bow Tie Pasta with Buckwheat, Fresh Sliced Carrots, Whole Wheat Bread, 1% Milk 牛肉酿卷心菜, 荞麦蝴蝶面, 新鲜胡萝卜片, 全麦面包, 1%牛奶</p>	<p><b>29</b> Stuffed Bell Peppers, W/ Vege Stuffing, Mashed Sweet Potatoes, Zucchini Provencal, Whole Wheat Bread, 1% Milk 酿彩椒, 蔬菜馅, 捣碎红薯, 普罗旺斯西葫芦, 全麦面包, 1%牛奶</p>	<p><b>30</b> Dark Meat Chicken Marsala, Rice Pilaf, Diced Eggplant W/ Peppers, And Fresh Mushrooms, Whole Wheat Bread, 1% Milk 深色鸡肉马萨拉, 米饭烩菜, 丁状茄子配甜椒和新鲜蘑菇, 全麦面包, 1%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。

 **4/12/2026 (星期日) 特别开放通知 / Special Opening Notice:**

Special Notice: To make up for missed program days, the center will be especially open on Sunday, April 12. Please join us for activities and lunch!

Lunch Menu:

Chicken salad with green pepper, pickle, onion, & olives, served with garden salad, whole wheat bread, orange, and milk.

特别通知：为弥补部分活动时间，本中心将于4月12日（星期日）特别开放一天，欢迎大家前来参加活动并享用午餐！

当日午餐：

鸡肉沙拉（配青椒、酸黄瓜、洋葱和橄榄），配田园沙拉，全麦面包，橙子，牛奶。

 **4/6 & 4/20 外出活动特别午餐 / Field Trip Special Lunch (April 6 & April 20, 2026)**

Field Trip Notice: Members participating in the April 6 and April 20 field trips will receive a special lunch. Please pick it up during morning check-in (portable).

Lunch Includes:

Chicken salad whole wheat wrap with green pepper, pickle, onion, olives, & garden salad, served with baby carrot sticks, orange, and milk.

Also includes bottled water and cookies as a snack.

外出活动特别安排：参加4月6日及4月20日外出活动的会员将收到特别午餐（请于当天早上签到时领取，可随身携带）。

午餐内容：

全麦鸡肉沙拉卷（配青椒、酸黄瓜、洋葱、橄榄及田园沙拉），配小胡萝卜条，橙子，牛奶。

另附：瓶装水和曲奇作为加餐。