

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>30 Stuffed Cabbage, Matzo Farfel, Carrots 卷心菜肉卷, 马佐碎面, 胡萝卜</p>	<p>31 Roast Chicken , Mashed Potatoes, Broccoli 烤鸡, 土豆泥, 西兰花</p>	<p>1 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>2 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>3 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>6 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>7 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>8 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>9 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>10 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>

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。