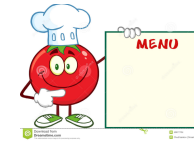


May 2026 Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 Oven Fried Fish w/ Tartar Sauce, Rice Pilaf, Steamed Carrots, Pear, 1% Milk 烤箱炸魚佐塔塔 醬、米飯、蒸胡蘿 蔔、梨、1%牛奶</p>
<p>4 Hawaiian Chicken, Whole Wheat Bread, Baked Sweet Potato, Apple, 1% Milk 夏威夷雞肉、全麥 麵包、烤紅薯、蘋 果、1%牛奶</p>	<p>5 Chicken & Rice Burrito, Mexican Corn Salad, Pico de Gallo, Salsa, and Guacamole, Orange, 1% Milk 雞肉 米飯捲、墨西哥玉米沙 律、皮科德蓋洛、莎莎 醬同牛油果醬、橙、1% 牛奶 素包子 Vegetable bun</p>	<p>6 Baked Breaded Fish with Tartar Sauce, Baked Brown Rice Pilaf, Garden Salad with Carrot Ginger Dressing, Kiwis, 1% Milk 烤麵包魚佐塔塔 醬、烤糙米飯、花 園沙拉佐、奇異 果、1%牛奶</p>	<p>7 Dairy-Free Eggplant Rollatini, Classic Garlic Bread, Braised Red Cabbage, Pear, 1% Milk 無乳製品茄子捲、經 典蒜味麵包、燉紅捲 心菜、梨、1%牛奶</p>	<p>8 Baked Chicken Thighs, Pasta (1/2 cup), Broccoli with Toasted Garlic, Applesauce, 1% Milk 烤雞腿、麵食 (1/2 杯)、蒜炒 西蘭花、蘋果醬、 1%牛奶</p>



<p>11 Pepper Steak, White Rice (1/2 cup), Oriental Blend Vegetables, Apple, 1% Milk 黑椒牛排、白米飯 (1/2 杯)、東方混合蔬菜、蘋果、1%牛奶</p>	<p>12 Individual Chicken Pot Pie, Whole Wheat Bread, Steamed Green Beans, Orange, 1% Milk 個人雞肉派、全麥麵包、蒸青豆、橙、1%牛奶</p>	<p>13 Baked Salmon with Dill Lemon Sauce, Whole Wheat Bread, Vegetable Mix (non-starchy), Kiwis, 1% Milk 烤鮭魚佐莳蘿檸檬醬、全麥麵包、蔬菜混合 (非澱粉類)、奇異果、1%牛奶</p>	<p>14 Vegan Stuffed Bell Peppers, Rice with Chickpeas, Roasted Butternut Squash, Pear, 1% Milk 素食填充甜椒、米飯配鷹嘴豆、烤栗色南瓜、梨、1%牛奶</p>	<p>15 Sweet & Sour Turkey Meatballs, Bowtie Pasta with Kasha, Whole Wheat Bread, Applesauce, 1% Milk 酸甜火雞丸子、蝴蝶麵配卡莎、全麥麵包、蘋果醬、1%牛奶</p>
<p>18 Baked Breaded Chicken Cutlet, Bowtie Pasta, Whole Wheat Bread, Zucchini, Apple, 1% Milk 烤麵包雞肉排、蝴蝶麵、全麥麵包、節瓜、蘋果、1%牛奶</p>	<p>19 Beef Hamburger, Sauteed Onions and Peppers, Baked Potato, Steamed Broccoli, Orange, 1% Milk 牛肉漢堡、炒洋蔥和辣椒、烤馬鈴薯、蒸花椰菜、橙、1%牛奶</p>	<p>20 Creamy Chickpea Potato Curry, WW Pita, Steamed Carrots, Apple, 1% Milk 奶油鷹嘴豆馬鈴薯咖喱、全麥皮塔麵包、蒸胡蘿蔔、蘋果、1%牛奶</p>	<p>21 BBQ Chicken Leg Quarters, White Rice, Mashed Sweet Potatoes, Pear, 1% Milk 燒烤雞腿、白米飯、紅薯泥、梨、1%牛奶</p>	<p>22 Baked Breaded Italian Chicken Cutlet, Red Bliss Potato Salad, Carrot Salad, Applesauce, 1% Milk 意大利雞排、紅薯沙律、紅蘿蔔沙律、蘋果醬、1%牛奶</p>

<p>25 Beef Meatballs w/ Mushroom Gravy, Rice Pilaf, Steamed Carrots, Apple, 1% Milk 牛肉丸佐蘑菇肉汁、米飯、蒸胡蘿蔔、蘋果、1% 牛奶</p>	<p>26 Dill Lemon Fish Francaise, WW Bread, Baked Red Potato Wedges, Orange, 1% Milk 蒔蘿檸檬魚法式風味、全麥麵包、烤紅馬鈴薯楔形、橙、1% 牛奶</p>	<p>27 No Noodle Chicken Chow Mein, White Rice, Kale in Garlic Sauce, Kiwis, 1% Milk 無麵條雞肉炒麵、白米飯、蒜醬羽衣甘藍、奇異果、1% 牛奶</p>	<p>28 Black Bean & Mushroom Burger, Hummus, Roasted Vegetable Couscous, Chinese Style Bok Choy, Pear, 1% Milk 黑豆和蘑菇漢堡、鷹嘴豆泥、烤蔬菜庫斯庫斯、中式小白菜、梨、1% 牛奶</p>	<p>29 Chicken Shawarma, Jeera Rice (Cumin Spiced Rice), Savory Braised Cabbage, Applesauce, 1% Milk 雞肉沙威瑪、孜然米(孜然香料米)、香味燉捲心菜、蘋果醬、1% 牛奶</p>
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Menu is subject to change. Lunch starts at 11:30AM and will run until 12:30PM **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 12:30，或者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。