

# February 2026

## Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken marsala, white rice, whole wheat bread, steamed broccoli, apple, milk 玛莎拉鸡肉、白米饭、全麦面包、清蒸西兰花、苹果、牛奶	<b>3</b> Meaty vegetarian moussaka, whole wheat bread, tossed salad with dressing, orange, milk 丰盛的素食茄子千层面、全麦面包、什锦沙拉配沙拉酱、橙子、牛奶	<b>4</b> No noodle chicken chow mein, brown rice, whole wheat bread, sauteed string 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	<b>5</b> Baked salmon, dill lemon sauce, whole wheat bread, roasted potatoes vegetable mix, pear, milk 烤三文鱼、莳萝柠檬酱、全麦面包、烤土豆蔬菜拼盘、梨、牛奶	<b>6</b> Beef meatballs, tomato sauce, challah bread, spaghetti, 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
<b>9</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、清蒸四季豆、苹果、牛奶	<b>10</b> Basic shepherd's pie, Whole wheat bread, tossed salad with dressing, orange, milk 牧羊人派、全麦面包、什锦沙拉配沙拉酱、橙子、牛奶	<b>11</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	<b>12</b> Dairy free eggplant rollatini, classic garlic bread, pasta, green bean salad, pear, milk 无乳制品茄子卷、经典蒜蓉面包、意面、四季豆沙拉、梨、牛奶	<b>13</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
<b>16</b> Chinese style pepper steak, white rice, whole wheat bread, steamed broccoli, apple, milk 中式黑椒牛排、白米饭、全麦面包、清蒸西兰花、苹果、牛奶	<b>17</b> Individual chicken pot pie, whole wheat bread, tomato and cucumber salad with dressing, orange, milk 单人份鸡肉派、全麦面包、番茄黄瓜沙拉配沙拉酱、橙子、牛奶	<b>18</b> Dill lemon sauce, salmon cakes, cous cous, whole wheat bread, kiwis, milk 莳萝柠檬酱、三文鱼饼、古斯米、全麦面包、猕猴桃、牛奶	<b>19</b> Fresh tomato salsa, traditional whole wheat bean burrito, brown rice, tossed salad with dressing, pear, milk 新鲜番茄莎莎酱、传统全麦豆卷饼、糙米饭、什锦沙拉配沙拉酱、梨、牛奶	<b>20</b> Asian black bean sauce, turkey meatballs, challah bread, springtime fried brown rice, oriental blend vegetables, applesauce, milk 亚洲黑豆酱、火鸡肉丸、犹太面包、春季炒糙米饭、东方什锦蔬菜、苹果酱、牛奶
<b>23</b> Classic chicken cacciatore, pasta, whole wheat bread, garden salad, steamed green beans, apple, milk 经典意式炖鸡、意面、全麦面包、什锦沙拉、清蒸四季豆、苹果、牛奶	<b>24</b> Black bean and mushroom burger, hummus, rice pilaf, whole wheat pita, Israeli salad, orange, milk 黑豆蘑菇汉堡、鹰嘴豆泥、米饭、全麦皮塔饼、以色列沙拉、橙子、牛奶	<b>25</b> Stuffed cabbage with beef in tomato sauce, kasha varnishkes, whole wheat bread, vegetable ratatouille, kiwis, milk 番茄酱牛肉卷心菜卷、荞麦面、全麦面包、蔬菜杂烩、猕猴桃、牛奶	<b>26</b> Baked salmon dill lemon sauce, brown rice, whole wheat bread, oriental blend vegetables, pear, milk 烤三文鱼配莳萝柠檬酱、糙米饭、全麦面包、什锦蔬菜、梨、牛奶	<b>27</b> 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

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。