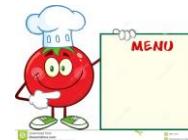


February 2026

Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 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	4 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	5 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	6 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
9 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	10 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	11 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	12 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	13 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
16 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	17 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	18 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	19 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	20 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
23 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	24 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	25 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	26 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	27 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。