

June 6th Mon 六月六日週一

Pesto Chicken Salad Wrap

香蒜醬鷄沙拉捲

Cucumber Tomato and

Mozzarella Salad

意大利淡味軟乳香黃瓜

蕃茄沙拉

Almond Cookies

杏仁曲奇餅乾

June 8th Wed 六月八日週三

Steak Wrap with Garlic Sauce

大蒜醬牛扒捲

Parsley & Charred Green

Onion Salad

歐芹和炭燒蔥花沙拉

Cranberry Oatmeal Cookies

蔓越莓燕麥片曲奇餅乾

June 10th Fri 六月十日週五

Chicken Ropa Vieja

古巴菜式焗鷄肉加辣椒洋蔥

Spanish Rice

西班牙黃飯

Charred Lime and Garlic

Sprouts

燒焦酸橙和發芽大蒜

Cinnamon Brownies

肉桂味巧克力餅乾

June13th Mon 六月十三日週一

Cheesesteak Sandwiches

奶酪牛扒三明治

Waldorf Salad

紐約華道夫酒店招牌沙拉

Chocolate Chip Cookies

巧克力塊餅乾

June15th Wed 六月十五日週三

Garlic Chicken Fajitas with

lime Crema
大蒜混酸橙果味雞塊
Corn Salad with Quick
Pickled Onions
醃洋蔥玉米沙拉
Chocolate Cookies
巧克力餅乾

June17th Fri 六月十七日週五
Sausage & Pepper Sandwich
香腸辣椒三明治
Spinach Salad with Honey
Mustard dressing
蜂蜜芥茉醬菠菜沙拉
Cherry Almond Chocolate
Cookies
櫻桃杏仁巧克力曲奇餅

June20th Mon 六月二十日週一
Kielbasa
波蘭煙香紅腸
Watermelon Feta Mint Salad
羊乳酪沙拉混西瓜和薄荷
Red Velvet Cookies
紅天鵝絨色曲奇餅乾

June22nd Wed 六月廿二日週三
Chicken with Chimichurri
阿根廷名醬料醃雞塊
Apple & Beet Salad
蘋果甜菜沙拉
Cinnamon Apple Bread
肉桂蘋果麵包

June24th Fri 六月廿四日週五
Penne Bolognese
意大利肉醬通心粉
Citrus Fennel & Broccoli
Salad
柑橘茴香椰菜沙拉
Thumbprint Cookies

手指型曲奇餅乾

June27thMon 六月廿七日週一

Lemon Oregano Chicken

with Yogurt Sauce

希臘式檸檬酸奶汁醃雞

Chickpea & Cucumber Salad

鷹咀豆黃瓜沙拉

Ginger Cookies

薑味曲奇餅乾

June29thWed 六月廿九日週三

Lebanese Beef and Herb

meatballs

黎巴嫩菜式牛肉香草肉球

Turmeric Rice 薑黃飯

Tomato & Cucumber

salad

蕃茄黃瓜沙拉

Blondies 淡味餅乾

Above are the menu for the month
of June 2022 subject to change
without notice

以上為 2022 年六月份餐單，如有更
改恕不另行通知。

Free lunch boxes provided between
12.30pm-1.30pm in Lake City

Community Center

免費午餐盒供應由中午十二時半至下午
時一時半在湖城社區中心發放。

Free Majong Games available

免費麻雀娛樂

Chair Yoga, Tai-chi, watercolor

Latin dance classes all free

免費興趣班：榆加、太極拳、水彩畫，拉丁舞等全免費

Please call Justin at 206-707-1865

during office hours for details

請在辦公時間內致電 206-707-1865

找 Justin 查詢，講英語