

**UNIVERSITY SETTLEMENT
NEIGHBORHOOD CENTER 189 ALLEN ST
212-473-8217 FUNDED BY NYC DFTA
BREAKFAST MENU FEBRUARY 2023**

SUGGESTED CONTRIBUTION \$1.00

YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday	
		¹ PORK SAUSAGE LINK BAKED BANANA WALNUT OATMEAL ORANGE JUICE & MILK	² MANGU WITH ONIONS MOZZARELLA CHEESE CHEERIOS APPLE JUICE & MILK	³ HARD BOILED EGG CEREAL BLUEBERRIES MILK	MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT. DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.
⁶ OATMEAL CORN MUFFIN HOME FRIES WITH PEPPERS AND ONIONS APPLE JUICE & MILK	⁷ CHEERIOS HARD BOILED EGG WHEAT BREAD BLUEBERRIES MILK	⁸ RAISIN BRAN CEREAL WAFFLES BANANA YOGURT MILK	⁹ SCRAMBLED EGGS BRAN MUFFIN APPLE MILK	¹⁰ TOTAL WHOLE GRAIN CEREAL MINI BAGEL ORANGE JUICE YOGURT & MILK	
¹³ PORK SAUSAGE LINK CINNAMON FRENCH TOAST CORN MUFFINS BANANA & MILK	¹⁴ TURKEY BACON BRAN MUFFIN CREAM OF WHEAT APPLE JUICE MILK	¹⁵ GRILLED CHEESE WHEATIES CEREAL CANTALOUPE MILK	¹⁶ HARD BOILED EGG MANGU WITH ONIONS MINI BAGEL GRAPEFRUIT MILK	¹⁷ VEGGIE SAUSAGE LINK OATMEAL ORANGE JUICE YOGURT MILK	
²⁰ CENTER CLOSED	²¹ VEGGIE SAUSAGE PATTY CORN MEAL ORANGE JUICE & MILK	²² HAM OATMEAL APPLE JUICE MILK	²³ HARD BOILED EGG PANCAKES BANANA YOGURT & MILK	²⁴ SCRAMBLED EGGS CEREAL PINEAPPLE JUICE MILK	
²⁷ SCRAMBLED EGGS BRAN MUFFIN CORNMEAL APPLE JUICE MILK	²⁸ GROUND TURKEY & SALSA BREAKFAST BURRITO FARINA MINI BAGEL APPLE & MILK				

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建議捐款 1.00 美元

如果您無法做出貢獻，您也不會被拒絕用餐

菜單如有更改，恕不另行通知

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 豬肉香腸 麥片 全麥麵包 橙汁 牛奶	2 多米尼加洋蔥和 馬蘇里拉芝士 麥片 全麥麵包 蘋果汁、牛奶	3 焗蛋 麥片 藍莓、牛奶	<p>每天提供含 1% 牛 奶、人造黃油、小麥 麵包和新鮮水果的膳 食。</p> <p>菜單如有更改，恕不 另行通知。</p>
6 燕麥 玉米鬆餅 家常薯條配胡椒和洋蔥 蘋果汁、牛奶	7 麥片 水煮蛋 小麥麵包 藍莓 牛奶	8 葡萄乾麥片 窩夫餅 香蕉 酸奶 牛奶	9 炒雞蛋 麩皮鬆餅 蘋果 牛奶	10 麥片 迷你百吉餅 橙汁 酸奶 牛奶	
13 豬肉香腸 法式肉桂多士 玉米鬆餅 香蕉、牛奶	14 火雞培根 麩皮鬆餅 小麥糊 蘋果汁、牛奶	15 烤芝士 穀物麥片 哈密瓜 牛奶	16 焗蛋 多米尼加早餐伴洋蔥 迷你百吉餅 西柚、牛奶	17 素香腸 麥片 橙汁 酸奶、牛奶	
20 中心休息	21 蔬菜肉餅 粟米糊 橙汁 牛奶	22 火腿 燕麥 蘋果汁 牛奶	23 焗蛋 薄煎餅 香蕉 酸奶、牛奶	24 炒雞蛋 麥片 菠蘿汁 牛奶	
27 炒蛋 鬆餅 粟米糊 蘋果汁、牛奶	28 火雞肉碎和蕃茄醬 早餐捲餅 米糊 迷你百吉餅 蘋果、牛奶				

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LUNCH MENU FEBRUARY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 SOFT TACOS WITH BLACK BEANS AND MIXED VEGETABLES MEXICAN CONFETTI RICE STEAMED ZUCCHINI	2 PORK SPARE RIBS STEAMED BROCCOLI SWEET BAKED YAMS	3 BAKED CHICKEN QUARTERS KALE WITH TOMATO YELLOW PLANTAINS	<p>MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>
6 GINGER SCALLION FISH FILLETS WHITE RICE GREEN BEANS	7 BAKED CHICKEN QUARTERS VEGETABLE LO MEIN SAUTEED BOK CHOY	8 STEWED PORK CHOPS MIXED VEGETABLES YUCA CON MOJO	9 TOFU AND VEGETABLE FRIED BROWN RICE STEAMED CABBAGE WITH SOY SAUCE STEAMED CARROTS	10 BEEF STIR FRY WITH BROCCOLI AND CARROTS BROWN RICE STEAMED KALE	
13 VEGETABLE SOUP VEGGIE BURGERS HAMBURGER BUN FRENCH FRIES STEAMED CARROTS	14 SWEET AND SOUR PORK WITH PINEAPPLE CHINESE STYLE RICE STEAMED BROCCOLI	15 CRIBBEAN STYLE BBQ CHICKEN INSTANT MASHED POTATOES KALE WITH TOMATO	16 FISH TACOS WHITE RICE CUBAN BLACK BEANS SLICED TOMATOES & CUCUMBERS WITH ITALIAN DRESSING	17 TURKEY LASAGNA TOSSED SALAD WITH DRESSING	
20 CENTER CLOSE	21 BAKED ZITI WITH CHEESE TOSSED SALAD WITH DRESSING	22 CHICKEN PRIMAVERA WITH CALIFORNIA BLEND VEGETABLES WHITE RICE STEAMED BROCCOLI	23 PORK CHOPS WITH OYSTER SAUCE CHINESE STYLE RICE SAUTEED BOK CHOY	24 BAKED FISH WITH GARLIC SAUCE BAKED RED POTATO WEDGES STEAMED CARROTS	
27 PORK SPARE RIBS VEGETABLE LO MEIN BROCCOLI WITH TOASTED GARLIC	28 ARROZ CON POLLO CALIFORNIA BLEND VEGETABLES STEWED BEANS				

UNIVERSITY SETTLEMENT NEIGHBORHOOD

CENTER 189 ALLEN ST

212-473-8217

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2月2023 午餐單

Monday	Tuesday	Wednesday	Thursday	Friday	
		¹ 墨西哥餅配黑豆和 混合蔬菜 墨西哥五彩炒飯 蒸翠瓜	² 燒排骨 煮西蘭花 烤甜薯	³ 焗大雞脾 番茄和羽衣甘藍 黃芭蕉	<p>每天提供含 1% 牛奶、 人造黃油、小麥麵包 和新鮮水果的膳食。 菜單如有更改，恕不 另行通知。</p>
⁶ 薑蔥魚片 白飯 豆仔	⁷ 焗大雞脾 蔬菜撈麵 炒白菜	⁸ 焗豬排伴雜菜 洋蔥伴木薯	⁹ 蔬菜炒糙米和豆腐 醬油白菜 煮紅蘿蔔	¹⁰ 西蘭花胡蘿蔔炒牛肉 糙米 煮羽衣甘藍	
¹³ 蔬菜湯 素食漢堡 麵包 炸薯條 胡蘿蔔	¹⁴ 菠蘿糖醋排骨 中式米飯 煮西蘭花	¹⁵ 加勒比風味燒雞 即食薯蓉 番茄 羽衣甘藍	¹⁶ 炸魚墨西哥餅 白飯 古巴黑豆 蕃茄黃瓜片配意大利醬	¹⁷ 火雞焗寬條麵 沙律和醬汁	
²⁰ CENTER CLOSE	²¹ 芝士焗通粉 沙律和醬汁	²² 雞肉意粉伴雜蔬菜 白飯 煮西蘭花	²³ 蠔油豬排 中式米飯 炒白菜	²⁴ 蒜蓉焗魚 焗紅薯角 蒸紅蘿蔔	
²⁷ 燒排骨 蔬菜撈麵 蒜蓉焗西蘭花	²⁸ 雞肉伴飯 雜蔬菜 燉豆				