

**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				

