

**UNIVERSITY SETTLEMENT  
NEIGHBORHOOD CENTER 189 ALLEN ST  
212-473-8217 FUNDED BY NYC DFTA  
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><b>MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b></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 <b>CENTER CLOSE</b>	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				

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 2月2023午餐單

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