

**UNIVERSITY SETTLEMENT  
NEIGHBORHOOD CENTER 189 ALLEN ST  
212-473-8217 FUNDED BY NYC DFTA  
BREAKFAST MENU MARCH 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	
		HARD BOILED EGG CORN MUFFIN OATMEAL BANANA MILK	HOMEMADE PORK BREAKFAST SAUSAGE PATTY CEREAL GRAPEFRUIT YOGURT & MILK	GRILLED CHEESE WHEATENA ORANGE MILK	<b>MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b>
HOMEMADE TURKEY BREAKFAST SAUSAGE PATTY CREAM OF WHEAT MUFFIN GRAPEFRUIT & MILK	PEANUT BUTTER OATMEAL MINI BAGEL ORANGE JUICE MILK	TURKEY SAUSAGE LINK CHEERIOS PANCAKES BLUEBERRIES YOGURT & MILK	SCRAMBLED EGGS CEREAL BANANA MILK	VEGGIE SAUSAGE LINK MUFFIN SHREDDED WHEAT HONEYDEW & MILK	
SCRAMBLED EGGS WITH DICED PEPPERS AND HAM GRAPES & MILK	TURKEY BACON GRILLED CHEESE CEREAL KIWI & MILK	PORK SAUSAGE LINK BAKED BANANA WALNUT OATMEAL ORANGE JUICE & MILK	MANGU WITH ONIONS MOZZARELLA CHEESE CHEERIOS APPLE JUICE & MILK	HARD BOILED EGG CEREAL BLUEBERRIES YOGURT & MILK	
OATMEAL CORN MUFFIN HOME FRIES WITH PEPPERS AND ONIONS APPLE JUICE & MILK	CHEERIOS HARD BOILED EGG WHEAT BREAD BLUEBERRIES MILK	RAISIN BRAN CEREAL WAFFLES BANANA YOGURT MILK	SCRAMBLED EGGS BRAN MUFFIN APPLE MILK	TOTAL WHOLE GRAIN CEREAL MINI BAGEL ORANGE JUICE YOGURT & MILK	
PORK SAUSAGE LINK CINNAMON FRENCH TOAST CORN MUFFINS BANANA & MILK	TURKEY BACON BRAN MUFFIN CREAM OF WHEAT APPLE JUICE & MILK	GRILLED CHEESE WHEATIES CEREAL CANTALOUPE MILK	HARD BOILED EGG MANGU WITH ONIONS MINI BAGEL GRAPEFRUIT & MILK	VEGGIE SAUSAGE LINK OATMEAL ORANGE JUICE YOGURT & MILK	

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**3月2023 早餐單**

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 煮蛋 玉米鬆餅 麥片 香蕉和牛奶	2 自製豬肉早餐肉餅 麥片 西柚 酸奶和牛奶	3 烤芝士 小麥糊 橙汁 牛奶	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。
6 自製火雞早餐肉餅 小麥糊 鬆餅 葡萄柚 牛奶	7 花生醬 燕麥 迷你百吉餅 橙汁 牛奶	8 火雞香腸 麥片 薄煎餅 藍莓 酸奶和牛奶	9 炒雞蛋 麥片 香蕉 牛奶	10 素食香腸 鬆餅 麥片 蜜瓜 牛奶	
13 蔬菜粒炒蛋 紅椒和火腿 葡萄 牛奶	14 火雞培根 烤芝士 麥片 奇異果和牛奶	15 豬肉香腸 麥片 全麥麵包 橙汁 牛奶	16 多米尼加早餐洋蔥和 馬蘇里拉芝士 麥片 全麥麵包 蘋果汁和牛奶	17 烩蛋 麥片 藍莓 牛奶	
20 燕麥 玉米鬆餅 家常薯條配胡椒和洋蔥 蘋果汁和牛奶	21 麥片和水煮蛋 小麥麵包 藍莓 牛奶	22 葡萄乾麥片 窩夫餅 香蕉 酸奶和牛奶	23 炒雞蛋 麩皮鬆餅 蘋果 牛奶	24 麥片 迷你百吉餅 橙汁 酸奶和牛奶	
27 豬肉香腸 法式肉桂多士 玉米鬆餅 香蕉和牛奶	28 火雞培根 麩皮鬆餅 小麥糊 蘋果汁和牛奶	29 烤芝士 穀物麥片 哈密瓜 牛奶	30 烩蛋 多米尼加早餐伴洋蔥 迷你百吉餅 西柚和牛奶	31 素香腸 麥片 橙汁 酸奶和牛奶	