

**UNIVERSITY SETTLEMENT
NEIGHBORHOOD CENTER 189 ALLEN ST
212-473-8217 FUNDED BY NYC DFTA
LUNCH 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	
		1 VEGETARIAN SANCOCHO WHITE RICE STEAMED SLICED CARROTS	2 TERIYAKI CHICKEN LEGS BAKED RED POTATO WEDGES SEASONED NAPA CABBAGE	3 TURKEY MEATBALLS SPAGHETTI MIXED VEGETABLES	MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.
6 SPANISH STYLE BAKED CHICKEN WHITE RICE CHICKPEAS STEAMED GREEN BEANS	7 DELUXE CHEESEBURGER WITH ONIONS HAMBURGER BUN FRENCH FRIES STEAMED PEAS & CARROTS	8 SPANISH STYLE ROAST PORK YELLOW RICE & PIGEON PEAS TOSSED SALAD WITH DRESSING	9 LEMON PEPPER FISH EGG NOODLES STEAMED ZUCCHINI	10 VEGETABLE SOUP CHEESE RAVIOLI STEAMED BROCCOLI AND CAULIFLOWER	
13 BEEF STEW BABY CARROTS WITH PARSLEY INSTANT MASHED POTATOES	14 BAKED FISH BROWN RICE BRUSSELS SPROUTS	15 SOFT TACOS WITH BLACK BEANS & MIXED VEGETABLES MEXICAN CONFETTI RICE STEAMED ZUCCHINI	16 PORK SPARE RIBS STEAMED BROCCOLI SWEET BAKED YAMS	17 BAKED CHICKEN QUARTERS KALE WITH TOMATO YELLOW PLANTAINS	
20 GINGER SCALLION FISH FILLETS WHITE RICE GREEN BEANS	21 BAKED CHICKEN QUARTERS VEGETABLE LO MEIN SAUTEED BOK CHOY	22 STEWED PORK CHOPS MIXED VEGETABLES YUCA CON MOJO	23 TOFU & VEGETABLE FRIED BROWN RICE STEAMED CABBAGE WITH SOY SAUCE STEAMED CARROTS	24 BEEF STIR FRY WITH BROCCOLI AND CARROTS BROWN RICE STEAMED KALE	
27 VEGETABLE SOUP VEGGIE BURGERS HAMBURGER BUN FRENCH FRIES STEAMED CARROTS	28 SWEET & SOUR PORK WITH PINEAPPLE CHINESE STYLE RICE STEAMED BROCCOLI	29 CARIBBEAN STYLE BBQ CHICKEN INSTANT MASHED POTATOES KALE WITH TOMATO	30 FISH TACOS WHITE RICE CUBAN BLACK BEANS SLICED TOMATOES & CUCUMBERS WITH ITALIAN DRESSING	31 TURKEY LASAGNA TOSSED SALAD WITH DRESSING	

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3月2023午餐單

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 素菜濃湯 白飯 煮紅蘿蔔片	2 照燒雞脾 焗紅薯角 調味大白菜	3 火雞肉丸 意大利面 雜蔬菜	<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 西班牙風味雞 白飯 鷹嘴豆 豆仔	7 豪華芝士漢堡配洋蔥 漢堡麵包 炸薯條	8 西班牙風味焗豬肉 黃米飯和鴿豆 沙律和醬汁	9 檸檬胡椒魚 雞蛋麵 煮翠瓜	10 芝士餛飩蔬菜湯 煮西蘭花和花椰菜	
13 燉牛肉 歐芹小紅蘿蔔 薯蓉	14 焗魚 糙米 球芽甘藍	15 墨西哥餅配黑豆和 混合蔬菜 墨西哥五彩炒飯 蒸翠瓜	16 燒排骨 煮西蘭花 烤甜薯	17 焗大雞脾 番茄和羽衣甘藍 黃芭蕉	
20 薑蔥魚片 白飯 豆仔	21 焗大雞脾 蔬菜撈麵 炒白菜	22 焗豬排伴雜菜 洋蔥伴木薯	23 蔬菜炒糙米和豆腐 醬油白菜 煮紅蘿蔔	24 西蘭花紅蘿蔔炒牛肉 糙米 煮羽衣甘藍	
27 蔬菜湯 素食漢堡 麵包 炸薯條 胡蘿蔔	28 菠蘿糖醋肉片 中式米飯 煮西蘭花	29 加勒比風味燒雞 即食薯蓉 番茄 羽衣甘藍	30 炸魚墨西哥餅 白飯 古巴黑豆 蕃茄黃瓜片配意大利醬	31 火雞焗寬條麵 沙律和醬汁	