

**UNIVERSITY SETTLEMENT
NEIGHBORHOOD CENTER 189 ALLEN ST
212-473-8217
BREAKFAST MENU For JANUARY 2025
FUNDED BY NYC AGING**



MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY	
		1 CENTER CLOSED	2 Cheese Pierogi Cottage Cheese	3 Hard Boiled Egg Veggie Sausage Patty	Suggested Contribution: \$0.25
6 Hard Boiled Egg Pancakes	7 Plain Low-fat Yogurt Sweet and Spicy Vegan Chorizo	8 Corn Muffin Raisin Bran Cereal	9 Mini Croissant Southwest Tofu Scramble	10 Scrambled eggs with Swiss Whole Grain Blueberry Muffin	YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE
13 Plain Low-Fat Yogurt Toasted Oats Cereal	14 Hard Boiled Egg Pancakes (pre- prepared)	15 Oatmeal (1 cup) Veggie Sausage Patty (pre-prepared)	16 Scrambled Eggs with Red Peppers and Onions	17 Cottage Cheese (1/2 cup) English Muffin, Whole Wheat	MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY
20 CENTER CLOSED	21 Corn Muffin Farina	22 Plain Low-Fat Yogurt Raisin Bran Cereal	23 Southwest Tofu Scramble	24 Mini Croissant Scrambled eggs with Red Peppers and Onions	MENU SUBJECT TO CHANGE WITHOUT NOTICE.
27 Hard Boiled Egg Pancakes (pre- prepared)	28 Cottage Cheese (3/4 cup) Oatmeal (1 cup)	29 Cheerios Plain Low-Fat Yogurt	30 Scrambled eggs with Red Peppers and Onions	31 Cinnamon French Toast (pre-prepared) Hard Boiled Egg	