

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



MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY	
		1 CENTER CLOSED	2 Whole wheat ziti with chicken, tomato and rosemary; Cucumber and Tomato salad with balsamic vinaigrette Italian blend vegetables	3 BBQ Chicken leg quarters Yellow white Leafy green salad with apples	<p>Suggested Contribution: \$1.00</p> <p>YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE</p> <p>MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>
6 Cuban style split pea soup Southern Italian tofu parmigiana Pasta (1/2 cup); Cucumber Dill salad	7 Baked ziti with Turkey (Dairy-free) Italian Blend vegetables; Refreshing Chickpea salad with dill	8 Chicken parmesan Bowtie Pasta (1/2 cup) Mixed Green salad	9 Beef brisket with tomatoes & onions Egg noodles Garden salad	10 Fish curry with tomato sauce; Brown rice; Broccoli with toasted garlic	
13 Dominican Vegan Sancocho (Root Vegetable Stew); Caribbean Rice and Red Beans; Adobo Spiced Cauliflower, Zucchini, and Carrots; Yellow Plantains	14 Turkey Tacos; Cumin Spiced Quinoa with Black Beans and Corn; Broccoli and Red Peppers	15 Classic Chicken Cacciatore Spaghetti (1/2 cup); Sauteed Mushrooms, peppers and Onions	16 Spanish Style Roast Pork Cilantro Lime Brown Rice Vegetable mix (non-starchy)	17 Salmon in Garlic Butter Sauce; Couscous with Peas and Lemon; Cucumber Dill Salad	
20 CENTER CLOSED	21 Fish with Mushrooms, Peppers, and Tomatoes; Whole Wheat Pasta & Garden Salad	22 Beef Meatballs in Tomato Sauce Whole Wheat Pasta (1 cup); Garden Salad	23 Pork Spare Rib Multigrain Bread; Broccoli and Red Pepper Salad; Parmesan Rosemary Mashed Potatoes	24 BBQ Chicken Breasts Baked Macaroni and Cheese; Garden Salad; Roasted Broccoli	
27 A Nice Vegetable Soup Whole Wheat Quesadillas with Cheddar, Black beans, and vegetables Italian Blend Vegetables	28 Chicken Breast with Mushrooms and peppers Bowtie Pasta (1/2 cup) Garden Salad	29 Salmon Salad Aromatic Veggie Brown Rice; Biryani with chickpeas; Vegetable Mix (non-starchy)	30 Beef and Cheese Lasagna Whole Wheat Dinner Roll Garden Salad	31 Chicken Tikka Masala Brown Rice (1/2 cup) Mexican Corn Confetti Salad; Sauteed Sweet Potatoes	