

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



MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY	
		1 CENTER CLOSED	2 Lemon Garlic Baked Fish Roasted Potatoes Sauteed Kale and Broccoli with Sundried Tomatoes	3 Cuban Black Beans and Brown Rice Baby carrots with parsley Mixed Green salad	Suggested Contribution: \$1.00 YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.
6 Baked Pork Chops Rice with vegetables Roasted Peppers	7 California Veggie Burger Cucumber Dill Salad Mixed Green salad	8 Pernil (Roasted Pork Shoulder) Dominican Moro Italian Cut green beans	9 Lentils of the southwest Cilantro lime brown rice Steamed broccoli Steamed kale	10 BBQ Chicken leg quarters Baked sweet potato Baby carrots with parsley Cucumber dill salad	
13 Cooked Shrimp (3oz) Brown Rice Cucumber Dill Salad Steamed Broccoli	14 Vegetable Lo Mein with Crispy Tofu Sauteed Spinach and Tomatoe	15 Chicken Stir Fry with Vegetables Mixed Green Salad Sauteed Bok Choy	16 Roasted Chicken Legs Baked Sweet Potato Italian Blended Vegetables	17 Pork Spare Ribs Dominican Moro Steamed Broccoli and Kale	
20 CENTER CLOSED	21 Lentils of the Southwest Cilantro Lime Rice Steamed Broccoli and Kale	22 Pernil (Roasted Pork Shoulder) Cuban Black Beans & Brown Rice Baby Carrots with Parsley	23 BBQ Chicken Breasts Baked Sweet Potato Italian Cut Green Beans	24 Arroz con Pollo Chicken Breast & Rice California Blend Vegetables Cucumber Dill Salad	
27	28	29	30	31	

Vegetable Lo Mein with
Crispy Tofu
Sauteed Onions and
Peppers

Lentils of the Southwest
Cilantro Lime Rice
Italian Cut Green Beans

Pork Spare Ribs
Dominican Moro
Kale with Tomato
Steamed Broccoli

Arroz con Pollo Chicken
Breast & Rice
Baby Carrots with
Parsley
Sauteed Spinach

Cooked shrimp (3oz) &
Brown Rice
Sauteed Mushrooms,
peppers and Onions