

**University Settlement
Older Adults Center Neighborhood Center at 189 Allen St
JANUARY 2025 Menu. 212-473-8217. Funded by NYC Aging**

**BREAKFAST
9:00-9:45AM**



**LUNCH
12-1PM**



**DINNER
4-5PM**



Suggested contribution \$0.25 for breakfast, and \$1.00 for lunch and dinner respectively.

Wed 1/1/25 **Happy New Year! CENTER CLOSED** **YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Thur 1/2/25	Cheese Pierogi Cottage Cheese	Lemon Garlic Baked Fish Roasted Potatoes Sauteed Kale and Broccoli with Sundried Tomatoes	Whole wheat ziti with chicken, tomato and rosemary Cucumber and Tomato salad with balsamic vinaigrette Italian blend vegetables
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Friday 1/3/25	Hard Boiled Egg Veggie Sausage Patty	Cuban Black Beans and Brown Rice Baby carrots with parsley Mixed Green salad	BBQ Chicken leg quarters Yellow white Leafy green salad with apples
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Mon 1/6/25	Hard Boiled Egg Pancakes	Baked Pork Chops Rice with vegetables Roasted Peppers	Cuban style split pea soup Southern Italian tofu parmigiana Pasta (1/2 cup) Cucumber Dill salad
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Tue 1/7/25	Plain Low-fat Yogurt Sweet and Spicy Vegan Chorizo	California Veggie Burger Cucumber Dill Salad Mixed Green salad	Baked ziti with Turkey (Dairy-free) Italian Blend vegetables Refreshing Chickpea salad with dill
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Wed 1/8/25	Corn Muffin Raisin Bran Cereal	Pernil (Roasted Pork Shoulder) Dominican Moro Italian Cut green beans	Chicken parmesan Bowtie Pasta (1/2 cup) Mixed Green salad
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Thur 1/9/25	Mini Croissant Southwest Tofu Scramble	Lentils of the southwest Cilantro lime brown rice Steamed broccoli Steamed kale	Beef brisket with tomatoes & onions Egg noodles Garden salad
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Fri 1/10/25	Scrambled eggs with Swiss Whole Grain Blueberry Muffin	BBQ Chicken leg quarters Baked sweet potato Baby carrots with parsley Cucumber dill salad	Fish curry with tomato sauce Brown rice Broccoli with toasted garlic
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Mon 1/13/25	Plain Low-Fat Yogurt Toasted Oats Cereal	Cooked Shrimp (3oz) Brown Rice Cucumber Dill Salad Steamed Broccoli	Dominican Vegan Sancocho (Root Vegetable Stew) Caribbean Rice and Red Beans Adobo Spiced Cauliflower, Zucchini, and Carrots Yellow Plantains
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Tue 1/14/25	Hard Boiled Egg Pancakes (pre-prepared)	Vegetable Lo Mein with Crispy Tofu Sauteed Spinach and Tomatoes	Turkey Tacos Cumin Spiced Quinoa with Black Beans and Corn Broccoli and Red Peppers
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Wed 1/15/25	Oatmeal (1 cup) Veggie Sausage Patty (pre-prepared)	Chicken Stir Fry with Vegetables Mixed Green Salad Sauteed Bok Choy	Classic Chicken Cacciatore Spaghetti (1/2 cup) Sauteed Mushrooms, peppers and Onions
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Thurs 1/16/25	Scrambled Eggs with Red Peppers and Onions	Roasted Chicken Legs Baked Sweet Potato Italian Blended Vegetables	Spanish Style Roast Pork Cilantro Lime Brown Rice Vegetable mix (non-starchy)
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Fri 1/17/25	Cottage Cheese (1/2 cup) English Muffin, Whole Wheat Hard Boiled Egg	Pork Spare Ribs Dominican Moro Steamed Broccoli and Kale	Salmon in Garlic Butter Sauce Couscous with Peas and Lemon Cucumber Dill Salad
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Mon 1/20/25 **Martin Luther King Jr. Day -- CENTER CLOSED**

Tues 1/21/25	Corn Muffin Farina	Lentils of the Southwest Cilantro Lime Rice Steamed Broccoli and Kale	Fish with Mushrooms, Peppers, and Tomatoes Whole Wheat Pasta & Garden Salad
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For breakfast and dinner, you can come and get the meal in a line. Lunch needs a ticket obtained before or during the lunch hour in order to get the meal.

Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit. Daily menu subject to change without notice.

	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 4-5PM	Suggested contribution \$0.25 for breakfast and \$1.00 for lunch and dinner respectively.
				YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE MENU SUBJECT TO CHANGE WITHOUT NOTICE
Wed 1/22/25	Plain Low-Fat Yogurt Raisin Bran Cereal	Pernil (Roasted Pork Shoulder) Cuban Black Beans & Brown Rice Baby Carrots with Parsley Mixed Green Salad	Beef Meatballs in Tomato Sauce Whole Wheat Pasta (1 cup) Garden Salad	
Thur 1/23/25	Southwest Tofu Scramble	BBQ Chicken Breasts Baked Sweet Potato Italian Cut Green Beans	Pork Spare Rib Multigrain Bread Broccoli and Red Pepper Salad Parmesan Rosemary Mashed Potatoes	
Fri 1/24/25	Mini Croissant (pre- prepared) Scrambled eggs with Red Peppers and Onions	Arroz con Pollo Chicken Breast & Rice California Blend Vegetables Cucumber Dill Salad	BBQ Chicken Breasts Baked Macaroni and Cheese Garden Salad Roasted Broccoli	Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit. Daily menu subject to change without notice.
Mon 1/27/25	Hard Boiled Egg Pancakes (pre-prepared)	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	A Nice Vegetable Soup Whole Wheat Quesadillas with Cheddar, Black beans, and vegetables Italian Blend Vegetables	
Tues 1/28/25	Cottage Cheese (3/4 cup) Oatmeal (1 cup)	Lentils of the Southwest Cilantro Lime Rice Italian Cut Green Beans	Chicken Breast with Mushrooms and peppers Bowtie Pasta (1/2 cup) Garden Salad	
Wed 1/29/25	Cheerios Plain Low-Fat Yogurt	Pork Spare Ribs Dominican Moro Kale with Tomato Steamed Broccoli	Salmon Salad Aromatic Veggie Brown Rice Biryani with chickpeas Vegetable Mix (non-starchy)	
Thu 1/30/25	Scrambled eggs with Red Peppers and Onions	Arroz con Pollo Chicken Breast & Rice Baby Carrots with Parsley Sauteed Spinach	Beef and Cheese Lasagna Whole Wheat Dinner Roll Garden Salad	
Fri 1/31/25	Cinnamon French Toast (pre-prepared) Hard Boiled Egg	Cooked shrimp (3oz) & Brown Rice Sauteed Mushrooms, peppers and Onions	Chicken Tikka Masala Brown Rice (1/2 cup) Mexican Corn Confetti Salad Sauteed Sweet Potatoes	

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Your health matters!

Your voice matters!

Come to us if you have any questions, comments or feedback.

¡Tu salud importa!

¡Tu voz importa!

Acércate a nosotros si tienes alguna pregunta, comentario o sugerencia.

您的健康很重要!

你的聲音很重要!

如果您有任何問題、意見或回饋，請與我們聯絡。