

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

	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 4-4:45PM	
				Suggested contribution \$0.25 for breakfast, and \$1.00 for lunch and dinner respectively.
Mon 3/3/25	Sweet and Spicy Vegan Chorizo Whole Grain Blueberry Muffin	Beef and Broccoli Brown Rice Chinese Style Bok Choy	Eggplant Parmesan with Creamy Cashew Ricotta Multigrain Bread Pasta Primavera	YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE MENU SUBJECT TO CHANGE WITHOUT NOTICE 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.
Tues 3/4/25	Corn Muffin (pre-prepared) Farina	Lentils of the Southwest Cilantro Lime Rice Steamed Broccoli and/or Kale	Fish with Mushrooms, Peppers, and Tomatoes Brown Rice with Mushrooms Baby Carrots with Parsley	
Wed 3/5/25	Plain Low-Fat Yogurt Raisin Bran Cereal	Pernil (Roasted Pork Shoulder) Cuban Black Beans and Brown Rice Baby Carrots with Parsley Mixed Green Salad	Beef Meatballs in Tomato Sauce Whole Wheat Pasta Garden Salad	
Thur 3/6/25	Southwest Tofu Scramble	BBQ Chicken Breasts Baked Sweet Potato Italian Cut Green Beans	Pork Spare Ribs Multigrain Bread Broccoli and Red Pepper Salad Parmesan Rosemary Mashed Potatoes	
Fri 3/7/25	Mini Croissant (pre-prepared) Scrambled eggs with Red Peppers and Onions	Arroz con Pollo Chicken Breast and Rice California Blend Vegetables Cucumber Dill Salad	BBQ Chicken Breasts Bake Macaroni and Cheese Garden Salad or Roasted Broccoli	
Mon 3/10/25	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	
Tues 3/11/25	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 Garden Salad	
Wed 3/12/25	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)	
Thur 3/13/25	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 or Cucumber Dill Salad	
Fri 3/14/25	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	
Mon 3/17/25	Veggie Sausage Patty Whole Grain Blueberry Muffin	Baked Pork Chops Cuban Black Beans and Brown Rice Broccoli and Red Peppers	Latin Sweet Potato and Red Bean Chili Zucchini Brown Rice Pilaf Carrot Apple Raisin Salad	
Tue 3/18/25	Avocado (Garnish) Scrambled Eggs with Swiss	Chicken and Broccoli Stir Fry Vegetable Lo Mein Mixed Green Salad	BBQ Chicken Breasts Adobo Spiced Cauliflower, Zucchini, and Carrots	
Wed 3/19/25	English Muffin, Homemade Turkey Breakfast Sausage Patty	Baked Falafel Balls Rice with Vegetables Kale with Tomato Sliced Cucumbers and Tomatoes	Beef Salisbury Steak with Mushroom Sauce White Rice Garden Salad Roasted Broccoli	
Thur 3/20/25	Hard Boiled Egg Oatmeal (1 cup)	BBQ Chicken Breasts Roasted Potatoes Cucumber Dill Salad Italian Blend Vegetables	Chicken Alfredo Penne Whole Wheat Dinner Roll California Blend Vegetables	

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Fri 3/21/25	Bran Flakes Cereal Plain Low-Fat Yogurt	Baked Fish Black Beans and Rice Broccoli and Red Peppers Mixed Green Salad	Baked Salmon with Cilantro Citrus Sauce Orzo Broccoli and Red Pepper Salad	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 3/24/25	Sweet and Spicy Vegan Chorizo Whole Wheat Mini Bagel	Roasted Chicken Legs Black Beans and Rice Italian Cut Green Beans Steamed Broccoli	A Nice Vegetable Soup Red Lentil Pasta with Fire Roasted Tomato Sauce Broccoli and Red Pepper Salad	
Tue 3/25/25	Cheerios Hard Boiled Egg	Cooked Shrimp Brown Rice Cucumber Dill Salad Sauteed Spinach and Tomatoes	Beef Sloppy Joe Bowtie Pasta Skillet Zucchini, Corn, Peppers, and Tomatoes	
Wed 3/26/25	Scrambled eggs with Red Peppers and Onions Whole Wheat Mini Bagel	Beef and Broccoli Chinese Style Bok Choy	Turkey Salisbury Steak with Mushroom Gravy Buckwheat with Mushrooms Romaine, Carrot, Beet, and Chickpea Salad	
Thur 3/27/25	Cheese Pierogi Cottage Cheese (1/2 cup)	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	
Fri 3/28/25	Hard Boiled Egg Veggie Sausage Patty (pre-prepared)	Cuban Black Beans and Brown Rice Baby Carrots with Parsley Mixed Green Salad	BBQ Chicken Leg Quarters Yellow Rice Leafy Green Salad with Apples	
Mon 3/31/25	Hard Boiled Egg Pancakes (pre-prepared)	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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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。

