

University Settlement Older Adults Center Neighborhood Center at 189 Allen St MAY 2025 MENU. 212-473-8217. Funded by NYC Aging				UNIVERSITY SETTLEMENT us
	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. 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.
Thur 5/1/25	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	
Fri 5/2/25	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	
Mon 5/5/25	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	
Tues 5/6/25	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 5/7/25	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 5/8/25	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 5/9/25	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 5/12/25	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	
Tues 5/13/25	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	
Wed 5/14/25	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	
Thur 5/15/25	Mini Croissant Southwest Tofu Scramble	Lentils of the southwest Cilantro lime brown rice Steamed broccoli and/or kale	Beef brisket with tomatoes & onions Egg noodles; Garden salad	
Fri 5/16/25	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	
Mon 5/19/25	Plain Low-Fat Yogurt Toasted Oats Cereal	Cooked Shrimp and Brown Rice Cucumber Dill Salad Steamed Broccoli	Dominican Vegan Sancocho Caribbean Rice and Red Beans Adobo Spiced Cauliflower, Zucchini, and Carrots	
Tues 5/20/25	Hard Boiled Egg Pancakes	Vegetable Lo Mein with Crispy Tofu Sauteed Spinach and Tomatoes	Turkey Tacos Cumin Spiced Quinoa with Black Beans and Corn Broccoli and Red Peppers	

	BREAKFAST 9:00-9:45AM 	LUNCH 12-1PM 	DINNER 4-4:45PM 	
Wed 5/21/25	Oatmeal Veggie Sausage Patty	Chicken Stir Fry with Vegetables Mixed Green Salad Sauteed Bok Choy	Classic Chicken Cacciatore Rotini Sauteed Mushrooms, peppers and Onions	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 Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit. Daily menu subject to change without notice.
Thur 5/22/25	Scrambled Eggs with Red Peppers and Onions	Roasted Chicken Legs Baked Sweet Potato Italian Blend Vegetables	Spanish Style Roast Pork Cilantro Lime Brown Rice Vegetable mix (non-starchy)	
Fri 5/23/25	Cottage Cheese English Muffin, Whole Wheat Hard Boiled Egg	Pork Spare Ribs Dominican Moro Steamed Broccoli and/or Kale	Salmon in Garlic Butter Sauce Couscous with Peas and Lemon Cucumber Dill Salad	
Mon 5/26/25	CENTER CLOSED			
Tues 5/27/25	Corn Muffin 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 5/28/25	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 5/29/25	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 5/30/25	Mini Croissant 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	
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如果您有任何問題、意見或大學睦鄰之家
鄰里老人活動中心 **189** 亞倫街。有任何問題，請撥打 **212-473-8217**
2025 年 5 月餐單
項目由紐約市老人局 **NYC Aging** 資助



	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 4-4:45PM	早餐建議捐款 \$0.25 美元。 午餐建议捐款 \$1.00 美元。 晚餐建议捐款 \$1.00 美元。 如果您無法做出貢獻，您也不會被拒絕用餐。 每天提供含 1% 牛奶、人造黃油、小麥麵包和新鮮水果的膳食。 菜單如有更改，恕不另行通知。 早餐和晚餐可以過來排隊取餐。 午餐需要在午餐時間之前或期間獲得門票才能享用餐點。
週四 5/1/25	烱雞蛋 燕麥片	燒烤雞胸肉 焗薯仔 香草黃瓜沙律 義大利混合蔬菜	雞肉香草通心粉 小麵包 混合蔬菜 田園沙律	
週五 5/2/25	麥片 低脂酸奶	焗魚 黑豆飯 西蘭花同紅椒 什錦蔬菜沙律	番芫茜香橙醬焗三文魚 意式米飯 西蘭花甜椒沙律	
週一 5/5/25	甜辣素食香腸 迷你百吉餅	焗雞脾 黑豆飯 義式切青豆, 煮西蘭花	蔬菜湯 紅扁豆意粉配烤番茄醬 西蘭花甜椒沙律	
週二 5/6/25	麥圈 烱雞蛋	糙米配熟蝦 香草黃瓜沙律 炒菠菜同蕃茄	免治牛肉配麵包 蝴蝶結意粉 炒西葫蘆、紅蘿蔔、甜椒同蕃茄	
週三 5/7/25	紅椒洋蔥炒蛋 迷你百吉餅	牛肉西蘭花 中式白菜	火雞肉餅配蘑菇汁 蕎麥配蘑菇 生菜、紅蘿蔔、甜菜同鷹嘴豆沙律	
週四 5/8/25	意大利餃子 農場鮮芝士	檸檬蒜蓉焗魚 焗薯仔 炒羽衣甘藍同西蘭花配番茄乾	雞肉、番茄同迷迭香通心粉 香醋黃瓜番茄沙律	
週五 5/9/25	烱雞蛋 素食餡餅	古巴黑豆同糙米 小紅蘿蔔配歐芹 什錦蔬菜沙律	燒雞脾 黃米飯 蘋果蔬菜葉沙律	
週一 5/12/25	烱雞蛋 熱香餅	焗豬扒 蔬菜飯 焗甜椒	古巴風味豌豆湯 意大利南部風味芝士豆腐 意大利麵 黃瓜香草沙律	
週二 5/13/25	低脂酸奶 甜辣素食香腸	加州素食漢堡 香草黃瓜沙律 什錦蔬菜沙律	焗火雞通心粉 意大利混合蔬菜 香草鷹嘴豆沙律	
週三 5/14/25	粟米鬆餅 提子乾麥片	豬肩肉 多明尼加風味飯 義式青豆	帕爾馬乾芝士雞肉 蝴蝶結意粉 什錦蔬菜沙律	
週四 5/15/25	迷你牛角包 西南部風味炒豆腐	西南部青豆湯 芫茜香檸糙米 煮西蘭花同羽衣甘藍	番茄洋蔥牛腩 雞蛋麵, 小麵包 田園沙律	
週五 5/16/25	瑞士汁炒蛋 蓝莓松饼	燒烤大雞脾 焗蕃薯 小紅蘿蔔配歐芹 香草黃瓜沙律	咖喱番茄煮魚 糙米 蒜蓉西蘭花	
週一 5/19/25	低脂酸奶 麥圈	熟蝦同糙米飯 香草黃瓜沙律 煮西蘭花	多米尼加蔬菜湯 加勒比風味紅豆飯 調味花椰菜、西葫蘆同黃芭蕉	
週二 5/20/25	烱雞蛋 熱香餅	脆豆腐蔬菜撈麵 炒菠菜同蕃茄	火雞粟米卷 孜然藜麥配黑豆同粟米	

			西蘭花同甜椒	
	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 4-4:45PM	
				
週三 5/21/25	燕麥 素食香腸餡餅	雞肉炒蔬菜 什錦蔬菜沙拉 炒小唐菜	經典雞肉意大利醬 螺絲意粉 炒蘑菇、甜椒同洋蔥	
週四 5/22/25	紅椒洋蔥炒雞蛋	焗雞脾 焗蕃薯 義大利混合蔬菜	西班牙風味燒豬肉 芫茜青檸糙米 小麵包 混合蔬菜	
週五 5/23/25	農家鮮芝士 英式松餅 烩雞蛋	燒排骨 多明尼加風味飯 煮西蘭花 煮羽衣甘藍	蒜蓉牛油焗三文魚 豌豆檸檬拌粗麥粉 黃瓜香草沙律	
週一 5/26/25	中心休息			
週二 5/27/25	粟米鬆餅 粟米糊	西南部青豆湯 芫茜香檸飯 煮西蘭花 煮羽衣甘藍	蘑菇、甜椒同蕃茄焗魚 糙米配蘑菇 小紅蘿蔔配歐芹	
週三 5/28/25	低脂酸奶 提子乾麥片	焗豬肩肉 古巴黑豆和糙米 小紅蘿蔔配歐芹 混合蔬菜沙律	番茄醬牛肉丸 意粉 田園沙律	
週四 5/29/25	西南部風味炒豆腐	BBQ 雞胸肉 焗蕃薯 意式豆仔	燒排骨 西蘭花甜椒沙律 帕爾馬乾芝士迷迭香薯蓉	
週五 5/30/25	迷你牛角包 甜椒洋蔥炒蛋	雞胸肉飯 加州混合蔬菜 黃瓜香草沙律	BBQ 雞胸肉 焗芝士通心粉 焗西蘭花田園沙律	
如果您有任何問題、意見或大學睦鄰之家 鄰里老人活動中心 189 亞倫街。有任何問題，請撥打 212-473-8217 2025 年 5 月餐單 項目由紐約市老人局 NYC Aging 資助				



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