

University Settlement Older Adults Center Neighborhood Center at 189 Allen St JULY 2025 MENU. 212-473-8217. Funded by NYC Aging				 UNIVERSITY SETTLEMENT u s
	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. YOUR CONTRIBUTION IS TOTALLY VOLUNTARY. You will NOT be denied a meal if you are unable to contribute. 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. 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.
				
Tues 7/1/25	Avocado Scrambled Eggs with Red peppers and Onions	Lentils of the Southwest Cilantro Lime Rice Italian cut Green Beans	Chicken parmesan Smashed Red potatoes Broccoli With Toasted Garlic	
Wed 7/2/25	Cottage cheese Oatmeal	Pork Spare Ribs Dominican Moro Baby Carrots with parsley Cucumber Dill Salad	Beef Meatloaf Perfect white Rice Corn and Red peppers	
Thur 7/3/25	Hard Boiled Egg Pancakes	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers Sauteed Spinach	Arroz Con pollo Chicken Breast and Rice Steamed kale Tossed Salad with Dresing	
Fri 7/4/25	 INDEPENDENCE DAY CENTER CLOSED			
Mon 7/7/25	Cinnamon French Toast Hard Boiled Egg	Beef Meatballs in Tomato Sauce Spaghetti Garden Salad	Black Beans and Rice Chickpeas Eggplant and Tomato Curry	
Tues 7/8/25	Mini Croissant Salmon Egg Frittata with potatoes and peas	BBQ Chicken Leg Quarters Baked Sweet potato Sauteed Kale and Broccoli with Sundried Tomatoes	Baked Breaded Chicken Cutlet Roasted Potatoes Sauteed Spinach	
Wed 7/9/25	Oatmeal Veggie Sausage Patty	Lentils of the Southwest Cilantro Lime Rice Sauteed Onions and Peppers	Cheeseburger with onions Cole Slaw Steamed Kale	
Thur 7/10/25	Blueberry Muffins Egg a La Mexicana	Pork Spare Ribs Dominican Moro Sauteed Kale and Broccoli with Sundried Tomatoes Steamed Broccoli	Spanish Style Baked Chicken Rice and Beans Steamed peas and Carrots	
Fri 7/11/25	No breakfast offered on this day due to CENTER CLOSE for wall painting	Lunch and Dinner will be served at Meltzer Social Club (94 E 1 st Street, New York, NY, 10009) on this day, menu is pending 48 hours in advance.		
Mon 7/14/25	Corn Muffin Farina	Homemade Beef Hamburger Baked Fries Hamburger Bun Garden Salad	Eggplant Parmesan with Creamy Cashew Ricotta Garlic mashed Potatoes Sauteed Spinach	
Tues 7/15/25	Mini Croissant Scrambled Egg and Shrimp	BBQ Chicken Breasts Roasted Potatoes Italian Blend Vegetables	Chicken Fajitas Cole Slaw Garlic Snap peas	
Wed 7/16/25	Non-Fat Greek Yogurt Raisin Bran Cereal	Cooked Shrimp Brown Rice Cucumber Dill Salad Sauteed Spinach and Tomatoes	Baked Pork Chops Brown Rice with Black Beans Italian Blend Vegetables	
Thur 7/17/25	Southwest Tofu Scramble	Baked Falafel Balls Rice with Vegetables Kale with Tomato Sliced Cucumbers and Tomatoes	Chicken parmesan Spaghetti Steamed kale	
Fri 7/18/25	Blueberry Muffins	Teriyaki Chicken legs Brown Rice Broccoli and Red Peppers Sauteed Spinach	Baled Red potato Wedges Fish Curry Sauteed Spinach	

	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 4-4:45PM	
				
Mon 7/21/25	Hard Boiled Egg Pancakes	Beef Meatballs in Tomato Sauce Spaghetti Garden Salad	Arroz con Gandules (Mexican Style Brown Rice) Steamed Spinach	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.
Tues 7/22/25	Avocado Scrambled Eggs with Red Peppers and Onions	Baked Salmon Brown Rice Steamed Carrots and Green Beans	Baked Breaded Chicken Cutlet Rice with Corn Steamed Kale	
Wed 7/23/25	Corn Muffin Farina	Pernil (Roasted Pork Shoulder) Dominican Moro Italian Cut Green Beans	Beef Brisket with Tomatoes and Onions Perfect White Rice Steamed Spinach	
Thur 7/24/25	Mini Croissant Salmon Egg Frittata with Potatoes and Peas	Vegetable Lo Mein With Crispy Tofu Sauteed Onions and Peppers	Chicken Burger Broccoli and Red Peppers	
Fri 7/25/25	Oatmeal Veggie Sausage patty	Roasted Chicken Legs Baked Sweet Potato Sliced Cucumbers and Tomatoes	Baked Salmon with Lemon, Tarragon and Thyme Roasted potatoes Steamed Kale	
Mon 7/28/25	Avocado Southwest Tofu Scramble	Beef and Broccoli Chinese Style Bok Choy	General Tso's Tofu Sauteed Spinach	
Tues 7/29/25	Non-Fat Greek Yogurt Raisin Bran Cereal	Pork Spare Ribs Dominican Moro Sliced Cucumbers and Tomatoes	Baked Breaded Chicken Cutlet Rice with Corn Steamed Kale	
Wed 7/30/25	Mini Croissant Scrambled Egg and Shimp	Baked Ziti with Cheese Garden Salad Steamed Carrots and Green Beans	Chicken Caprese Spaghetti Sauteed Spinach	
Thur 7/31/25	Cinnamon French Toast Hard Boiled Egg	Lentils of the Southwest Cilantro Lime Rice Kale with Tomato	Stewed pork Chops Cuban Black Beans Perfect White Rice Steamed Kale	
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	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。
週二 7/1/25	牛油果 炒蛋配紅辣椒同洋蔥	西南部风味扁豆 蕃莞茜青檸飯 意式切豆仔	雞肉帕爾馬芝士 紅薯蓉 蒜焗西蘭花	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。
週三 7/2/25	農場芝士 燕麥	燒排骨 多米尼加飯 小紅蘿蔔配蕃茜 青瓜芹菜沙律	牛肉餅 白米飯 粟米同紅辣椒	
週四 7/3/25	烱蛋 熱香餅	照燒雞脾 糙米 西蘭花同紅椒 炒菠菜	雞胸肉飯 蒸羽衣甘藍 醬汁撈沙律	
週五 7/4/25	 独立日 中心休息			
週一 7/7/25	肉桂法式多士 烱蛋	蕃茄醬牛肉丸 天使面 田園沙律	黑豆飯 鷹嘴豆 咖哩茄子蕃茄	早餐和晚餐可以 直接排隊取餐。 午餐需要在午餐 時間之前或期間 獲得餐票才能享 用餐點。
週二 7/8/25	迷你牛角包 三文魚、薯仔、豌豆煎蛋角	燒烤大雞 焗紅薯 炒甘藍同西蘭花配乾蕃茄	焗炸雞扒 焗薯仔 炒菠菜	
週三 7/9/25	燕麥 素香腸餅	西南部風味扁豆 蕃茜青檸飯 炒洋蔥同甜椒	芝士漢堡配洋蔥 沙律 蒸羽衣甘藍	
週四 7/10/25	藍莓鬆餅 墨西哥風味炒蛋	燒排骨 多米尼加飯 炒甘藍同西蘭花配乾蕃茄 蒸西蘭花	西班牙式焗雞 豆米飯 蒸豌豆同紅蘿蔔	
週五 7/11/25	由於中心要關閉畫牆， 所以呢日冇提供早餐	午餐同晚餐呢日將會喺 Meltzer Social Club 梅尔策社交俱樂部（東一街 94 號） 供應。餐牌會提前 24-48 小時告知。		
週一 7/14/25	粟米鬆餅 粟米糊	自製牛肉漢堡 焗薯條 漢堡包 田園沙律	茄子帕爾馬芝士配忌廉腰果意大利 芝士 蒜蓉薯蓉 炒菠菜	
週二 7/15/25	迷你牛角包 蝦炒蛋	燒烤雞胸肉 焗薯仔 意大利混合蔬菜	雞肉卷 沙律 蒜蓉豆仔	
週三 7/16/25	脫脂希臘乳酪 葡萄乾麥片	蝦同糙米 青瓜芹菜沙律 炒菠菜同蕃茄	焗豬扒 黑豆糙米 意大利混合蔬菜	
週四 7/17/25	西南風味炒豆腐	焗素肉丸 蔬菜飯 羽衣甘藍配蕃茄 切片青瓜同蕃茄	雞肉帕爾馬芝士 天使面 羽衣甘藍	
週五 7/18/25	藍莓鬆餅	照燒雞腿 糙米 西蘭花同甜椒 炒菠菜	焗紅薯角 咖喱魚 炒菠菜	

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週一 7/21/25	烱蛋 熱香餅	蕃茄醬牛肉丸 天使面 田園沙律	墨西哥式糙米 蒸菠菜	早餐建議捐款 \$0.25 美元。 午餐建議捐款 \$1.00 美元。 晚餐建議捐款 \$1.00 美元。
週二 7/22/25	牛油果 紅椒同洋蔥炒蛋	焗三文魚 糙米 蒸紅蘿蔔同青豆	焗炸雞扒 粟米飯 蒸甘藍	
週三 7/23/25	粟米鬆餅 粟米糊	烤豬肩肉 多米尼加飯 意式切豆	牛胸肉配蕃茄同洋蔥 白飯 蒸菠菜	
週四 7/24/25	迷你牛角包 三文魚、薯仔、豌豆煎蛋角	蔬菜撈麵配脆豆腐 炒洋蔥同辣椒	雞漢堡 西蘭花同紅椒	
週五 7/25/25	燕麥 素香腸餅	燒雞脾 焗蕃薯 青瓜片同蕃茄	香草焗三文魚 焗薯仔 蒸甘藍	
週一 7/28/25	牛油果 西南風味炒豆腐	牛肉西蘭花 中式白菜	左宗將軍醬炸豆腐 炒菠菜	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。
週二 7/29/25	脫脂希臘乳酪 葡萄乾麥片	燒排骨 多米尼加飯 青瓜片蕃茄	焗炸雞排 粟米飯 蒸甘藍	
週三 7/30/25	迷你牛角包 蝦炒蛋	焗芝士通粉 田園沙律 蒸紅蘿蔔同青豆	雞肉卡普雷塞芝士 天使面 炒菠菜	
週四 7/31/25	肉桂法式多士 烱蛋	西南風味扁豆 蕃茜青檸飯	焗豬扒羽衣甘藍配蕃茄 古巴黑豆 白飯 蒸甘藍	

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 7 月餐單
項目由紐約市老人局 **NYC Aging** 資助



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