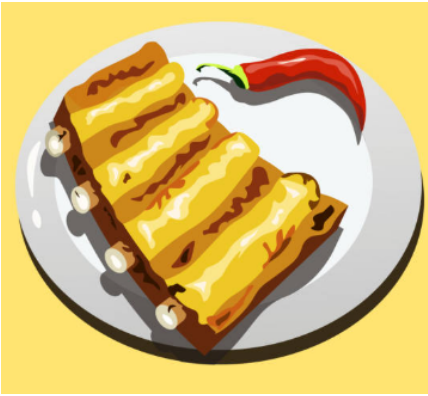


University Settlement Older Adults Center Neighborhood Center at 189 Allen St AUGUST 2025 MENU. 212-473-8217. Funded by NYC Aging				 UNIVERSITY i s SETTLEMENT
	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 4-4:45PM	Suggested contribution \$0.25 for breakfast, and \$1.00 for lunch and dinner respectively. 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.
				
Fri 8/1/25	Oatmeal Veggie Sausage patty	Baked Fish Caribbean Rice and Red beans Broccoli and Red Peppers Mixed green Salad	Breaded Eggplant Cutlets Beet Salad Smashed Red Potatoes	
Mon 8/4/25	Blueberry Muffins Egg a La Mexicana	Cooked Shrimp and Brown Rice Kale with Tomato Sauteed Broccoli with Mushrooms and Pearl Onions	Sesame Orange chicken Chinese Style Spaghetti Asian Cucumber Salad	
Tues 8/5/25	Cottage Cheese English Muffin Hard Boiled Egg	Lentils of the Southwest Cilantro Lime Rice Italian cut Green Beans	Dominican Vegan Sancocho Beet Salad Mixed Green Salad	
Wed 8/6/25	Corn Muffin Farina	Homemade Beef Hamburger Hamburger Bun Baked Fries Garden Salad	Spanish Style Roast Pork Brown Rice Italian Blend Vegetables	
Thur 8/7/25	Non-Fat Plain Greek Yogurt Toasted Oats Cereal	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers Sauteed Mushrooms, Peppers and Onions	Baked Chicken Breasts Rice Pilaf California Blend Vegetables Sweet Baked Yams	
Fri 8/8/25	Avocado Scrambled Eggs with Swiss Mini Bagel	Arroz Con Pollo California Blend Vegetables Cucumber Dill Salad	Mango-Licious Fish Garlic Mashed Potatoes Sauteed Spinach (Dinner provided at 1:30pm)	
Mon 8/11/25	Corn Muffin Farina	Cooked Shrimp and Brown Rice Kale with Tomato	Baked Mushroom Chicken Perfect White Rice Broccoli with Toasted Garlic	
Tues 8/12/25	Avocado Scrambled Eggs with Red Peppers and Onions	Lentils of the Southwest Cilantro Lime Rice Italian Cut Green Beans	Eggplant Parmesan with Creamy Cashew Ricotta Spaghetti Classic Garlic Bread Sauteed Spinach	
Wed 8/13/25	Cottage Cheese Oatmeal	Pork Spare Ribs Dominican Moro Baby carrots with Parsley Cucumber Dill Salad	Beef Meatloaf Smashed Red Potatoes Sauteed String beans	
Thur 8/14/25	Hard Boiled Egg Oatmeal	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers Sauteed Spinach	Arroz con Pollo Chicken Breast and Rice Tossed Salad with Dressing	
Fri 8/15/25	Scrambled Eggs with Swiss	Vegetable Lo Mein with Crispy Tofu Sauteed Onions	Baked Salmon Baked Potato Roasted Broccoli	
Mon 8/18/25	Cinnamon French Toast Hard Boiled Egg	Beef Meatballs in Tomato Sauce Spaghetti Garden Salad	Baked Breaded Chicken Cutlet Roasted Potatoes Sauteed Spinach	
Tues 8/19/25	Mini Croissant Salmon Egg Frittata with Potatoes and Peas	BBQ Chicken Leg Quarters Baked Sweet Potato Sauteed Kale and Broccoli with Sundried Tomatoes	Chipotle Bean and Veggie Chili Brown Rice Garden Salad Italian Blend Vegetables	
Wed 8/20/25	Oatmeal Veggie Sausage Patty	Lentils of the Southwest Cilantro Lime Rice Sauteed Onions and Peppers	Deluxe Cheeseburger with Onions Hamburger Bun Cole Slaw	

	BREAKFAST 9:00-9:45AM 	LUNCH 12-1PM 	DINNER 4-4:45PM 	
Thur 8/21/25	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 Mixed Green Salad	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.
Fri 8/22/25	Non-Fat Plain Greek Yogurt Toasted Oats Cereal	Baked Salmon Brown Rice Steamed carrots and Green Beans	Baked Fish with Lemon Garlic Butter Sauce Orzo Italian Blend Vegetables	
Mon 8/25/25	Corn Muffin Farina	Homemade Beef Hamburger Hamburger Bun Baked Fries Garden Salad	Chicken Fajitas Yellow Rice Broccoli and Red peppers Cole Slaw	
Tues 8/26/25	Mini Croissant Scrambled Egg and shrimp	BBQ Chicken Breasts Roasted Potatoes Italian Blend Vegetables	Eggplant Parmesan with creamy Cashew Ricotta Bowtie Pasta Sauteed Spinach	
Wed 8/27/25	Non-Fat Plain Greek Yogurt Raisin Bran Cereal	Cooked Shrimp Brown Rice Cucumber Dill Salad Sauteed Spinach and Tomatoes	Baked Pork Chops Brown Rice with Black Beans Garden Salad	
Thur 8/28/25	Southwest Tofu Scramble	Baked Falafel Balls Rice with Vegetables Kale with Tomato Sliced Cucumbers and Tomatoes	Chicken Parmesan Classic Garlic Bread Spaghetti Italian Blend Vegetables	
Fri 8/29/25	Blueberry Muffins Egg a La Mexicana	Teriyaki Chicken Legs Brown Rice Broccoli and Red peppers Sauteed Spinach	Fish Curry Baked Red Potato Wedges	
University Settlement Older Adults Center Neighborhood Center at 189 Allen St AUGUST 2025 MENU. 212-473-8217. Funded by NYC Aging				 UNIVERSITY SETTLEMENT iS

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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 8 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。
週五 8/1/25	燕麥 素香腸餅	焗魚 加勒比風味米飯配紅豆 西蘭花配紅椒 什錦蔬菜沙律	炸茄子片 甜菜沙律 紅薯蓉	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。
週一 8/4/25	藍莓鬆餅 墨西哥風味炒蛋	蝦仁同糙米 羽衣甘藍配番茄 西蘭花炒蘑菇同喬頭	芝麻香橙雞粒 中式意大利麵 中式拍黃瓜	
週二 8/5/25	農場芝士 英式鬆餅 烩蛋	西南風味扁豆 茼蒿青檸飯 意式青豆	多米尼加根類蔬菜湯 甜菜沙律 雜菜沙律	
週三 8/6/25	粟米鬆餅 粟米糊	自製牛肉漢堡 漢堡包 薯條 田園沙律	西班牙風味燒豬肉 糙米 意大利混合蔬菜	
週四 8/7/25	希臘酸奶 燕麥圈	照燒雞脾 糙米飯 西蘭花紅椒 炒蘑菇、辣椒同洋蔥	焗雞胸肉 白米飯 加州混合蔬菜 焗甜薯	
週五 8/8/25	牛油果 瑞士汁炒蛋 迷你貝果	雞肉飯 加州混合蔬菜 香草黃瓜沙律	芒果醬煮魚 香蒜薯蓉 炒菠菜 (下午 1:30 提供晚餐)	
週一 8/11/25	粟米鬆餅 粟米糊	煮蝦同糙米飯 番茄羽衣甘藍	焗雞肉蘑菇 白米飯 蒜香西蘭花	
週二 8/12/25	牛油果 紅椒洋蔥炒蛋	西南部風味扁豆湯 番茼青檸飯 意大利青豆	帕瑪森芝士茄子配軟滑腰果芝士醬 天使麵 蒜蓉麵包 炒菠菜	
週三 8/13/25	農場芝士 燕麥	燒排骨 多米尼加風味飯 歐芹小紅蘿蔔 香草黃瓜沙律	牛肉餅 紅薯蓉 炒四季豆	
週四 8/14/25	烩蛋 燕麥	照燒雞脾 糙米飯 西蘭花同紅椒 炒菠菜	雞胸肉同米飯 蔬菜沙律配醬汁	
週五 8/15/25	瑞士汁炒蛋	豆腐蔬菜撈麵 炒洋蔥	焗三文魚 焗薯仔 焗西蘭花	
週一 8/18/25	肉桂法式多士 烩蛋	番茄牛肉丸 意粉 田園沙律	炸雞扒 焗薯仔 炒菠菜	
週二 8/19/25	迷你牛角包 豌豆、薯仔同三文魚煎蛋餅	燒烤雞脾 焗蕃薯 炒羽衣甘藍，西蘭花配乾番茄	墨西哥風味辣豆伴雜菜 糙米 田園沙律 意大利混合蔬菜	
週三 8/20/25	燕麥 素香腸餅	西南部風味扁豆湯 番茼青檸飯 炒洋蔥同甜椒	洋蔥芝士漢堡 漢堡包 菜絲沙律	

	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。 午餐建議捐款 \$1.00 美元。 晚餐建議捐 款 \$1.00 美 元。
				
週四 8/21/25	藍莓鬆餅 墨西哥風味炒雞蛋	豬排骨 多米尼加風味飯 炒羽衣甘藍，西蘭花配乾番茄 蒸西蘭花	西班牙風味燒雞 豆飯 雜菜沙律	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。
週五 8/22/25	希臘酸奶 燕麥圈	焗三文魚 糙米 紅蘿蔔同青豆	檸檬蒜蓉牛油焗魚 意大米飯 意大利混合蔬菜	
週一 8/25/25	粟米鬆餅 粟米糊	自製牛肉漢堡 漢堡包 薯條 田園沙律	墨西哥雞肉卷 黃米飯 西蘭花同紅椒 菜絲沙律	
週二 8/26/25	迷你牛角包 蝦仁炒蛋	BBQ 雞胸肉 焗薯仔 意大利混合蔬菜	帕瑪森芝士茄子配軟滑腰果芝士醬 蝴蝶結意粉 炒菠菜	
週三 8/27/25	希臘酸奶 葡萄乾麥片	蝦同糙米 香草黃瓜沙律 炒菠菜同番茄	焗豬扒 黑豆糙米飯 田園沙律	
週四 8/28/25	西南豆腐炒蛋	焗素肉丸 蔬菜米飯 番茄羽衣甘藍 切片黃瓜片同番茄	帕爾馬芝士雞肉 蒜蓉包 天使麵 意大利混合蔬菜	
週五 8/29/25	藍莓鬆餅 墨西哥風味炒雞蛋	照燒雞脾配糙米飯 炒西蘭花、紅椒同菠菜	咖哩煮魚 焗紅薯角	
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 8 月餐單 項目由紐約市老人局 NYC Aging 資助				



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