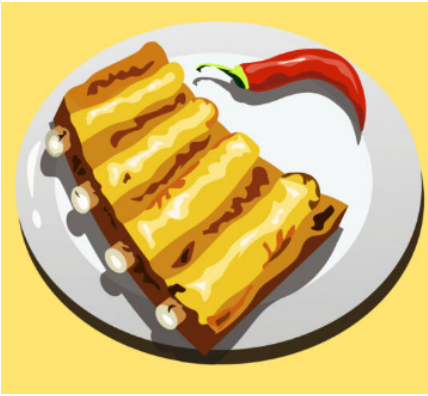


University Settlement Older Adults Center Neighborhood Center at 189 Allen St SEPTEMBER 2025 MENU. 212-473-8217. Funded by NYC Aging				 UNIVERSITY SETTLEMENT u s
	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM	Suggested contribution \$0.25 for breakfast, and \$1.00 for lunch and dinner respectively. 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.
				
Mon 9/1/25	Labor Day Center Closed			
Tues 9/2/25	Avocado Scrambled Eggs with Red Peppers and Onions	Baked Salmon Brown Rice Steamed Carrots and Green Beans	Arroz con Gandules (Mexican Style Brown Rice) Garden Salad	
Wed 9/3/25	Corn Muffin Farina	Pernil (Roasted Pork Shoulder) Dominican Moro Italian Cut Green Beans	Ginger Scallion Soy-sauce Chicken Fried (Brown) Rice Mixed Vegetables	
Thur 9/4/25	Mini Croissant Salmon Egg Frittata with Potatoes and Peas	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	Ground Pork with Noodle Broccoli with Garlic Sauce	
Fri 9/5/25	Oatmeal Veggie Sausage patty	Roasted Chicken Legs Baked Sweet Potato Sliced Cucumbers and Tomatoes	Baked Salmon with Lemon, Tarragon and Thyme Roasted potatoes	
Mon 9/8/25	Avocado Southwest Tofu Scramble	Beef and Broccoli Chinese Style Bok Choy	Traditional Soft Whole Wheat Tacos with Black Beans and Veggies Instant Mashed Potatoes Mixed Green Salad	
Tues 9/9/25	Non-Fat Greek Yogurt Raisin Bran Cereal	Pork Spareribs Dominican Moro Sliced Cucumbers and Tomatoes	Fish with Black Bean Sauce Fragrant Brown Rice Seared Broccoli	
Wed 9/10/25	Mini Croissant Scrambled Egg and Shimp	Baked Ziti with Cheese Garden Salad Steamed Carrots and Green Beans	Beef with Green Peppers and Onion Mix vegetables with chopped Rice Vermicelli	
Thur 9/11/25	Cinnamon French Toast Hard Boiled Egg	Lentils of the Southwest Cilantro Lime Rice Kale with Tomato	Homestyle Tofu and Mixed Vegetables Stir Fry Ginger Scallion Rice Sauteed Spinach	
Fri 9/12/25	Oatmeal Veggie Sausage Patty	Baked Fish Caribbean Rice and Red beans Broccoli and Red Peppers Mixed green Salad	Homemade Coconut Breaded Fish Beet Salad Smashed Red Potatoes	
Mon 9/15/25	Blueberry Muffins Egg a La Mexicana	Cooked Shrimp and Brown Rice Kale with Tomato Sauteed Broccoli with Mushrooms and Pearl Onions	Creamy Coconut Curry with Tofu, Broccoli, and Carrots Chinese Style Spaghetti Asian cucumber Salad	
Tues 9/16/25	Cottage Cheese English Muffin Hard Boiled Egg	Lentils of the Southwest Cilantro Lime Rice Italian cut Green Beans	Shrimp and vegetables fried (brown) Rice Broccoli with garlic sauce Cucumber Salad	
Wed 9/17/25	Corn Muffin Farina	Homemade Beef Hamburger Hamburger Bun Baked Fries Garden Salad	Lion's Head Meatballs (Beef) with cabbage Scallion Noodles	
Thur 9/18/25	Non-Fat Plain Greek Yogurt Toasted Oats Cereal	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers Sauteed Mushrooms, Peppers and Onions	Soy-sauce Chicken Mian Pian noodle with mixed vegetables	

	BREAKFAST 9:00-9:45AM 	LUNCH 12-1PM 	DINNER 6-6:45PM 	Suggested contribution \$0.25 for breakfast and \$1.00 for lunch and dinner respectively.
Fri 9/19/25	Avocado Scrambled Eggs with Swiss Mini Bagel	Arroz Con Pollo California Blend Vegetables Cucumber Dill Salad	Mango-Licious Fish Garlic Mashed Potatoes Sauteed Spinach	YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE.
Mon 9/22/25	Corn Muffin Farina	Cooked Shrimp and Brown Rice Kale with Tomato	Crispy Tofu and Veggie Stir-Fry Perfect White Rice Broccoli with Toasted Garlic	
Tues 9/23/25	Avocado Scrambled Eggs with Red Peppers and Onions	Lentils of the Southwest Cilantro Lime Rice Italian Cut Green Beans	Salmon with Soy, Ginger and Scallion Baked Sweet Potato Broccoli with Sesame Dressing	
Wed 9/24/25	Cottage Cheese Oatmeal	Pork Spareribs Dominican Moro Baby carrots with Parsley Cucumber Dill Salad	Braised Beef with Potatoes Stir-fried Cabbage and Garlic	MENU SUBJECT TO CHANGE WITHOUT NOTICE
Thur 9/25/25	Hard Boiled Egg Pancakes	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers Sauteed Spinach	Orange Chicken Steamed Broccoli Fragrant Brown Rice	
Fri 9/26/25	Scrambled Eggs with Swiss	Vegetable Lo Mein with Crispy Tofu Sauteed Onions	Baked Salmon Baked Potato 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 9/29/25	Cinnamon French Toast Hard Boiled Egg	Beef Meatballs in Tomato Sauce Spaghetti Garden Salad	Whole Wheat Baked Ziti whit Vegetables Roasted Potatoes Sauteed Spinach	
Tues 9/30/25	Mini Croissant Salmon Egg Frittata with Potatoes and Peas	BBQ Chicken Leg Quarters Baked Sweet Potato Sauteed Kale and Broccoli with Sundried Tomatoes	Cantonese style (Yu Shiang) Eggplant with Minced Pork Mixed Vegetables with Garlic Sauce Fragrant Brown Rice	
University Settlement Older Adults Center Neighborhood Center at 189 Allen St SEPTEMBER 2025 MENU. 212-473-8217. Funded by NYC Aging				 UNIVERSITY u SETTLEMENT S

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。

	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM	
				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。
週一 9/1/25	勞工節中心休息			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。
週二 9/2/25	牛油果 紅椒同洋蔥炒蛋	焗三文魚 糙米 蒸紅蘿蔔同青豆	墨西哥風味糙米飯 田園沙律	
週三 9/3/25	粟米鬆餅 粟米糊	烤豬肩肉 多米尼加飯 意式切豆	薑蔥鼓油雞 雜蔬菜炒飯（糙米）	
週四 9/4/25	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	肉醬拌麵 蒜蓉西蘭花	
週五 9/5/25	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 加州風味雜菜	
週一 9/8/25	牛油果 西南風味炒豆腐	牛肉西蘭花 中式白菜	牛肉餅 薯蓉 雜菜沙律	
週二 9/9/25	脫脂希臘乳酪 葡萄乾麥片	燒排骨 多米尼加飯 青瓜片蕃茄	豉汁魚 麻香糙米 西蘭花	
週三 9/10/25	迷你牛角包 蝦炒蛋	焗芝士通粉 田園沙律 蒸紅蘿蔔同青豆	青椒洋蔥炒牛肉 雜蔬菜炒碎米粉	
週四 9/11/25	肉桂法式多士 烩蛋	西南風味扁豆 蕃茜青檸飯 羽衣甘藍配番茄	家常什錦蔬菜炒豆腐 薑蔥拌飯 炒菠菜	
週五 9/12/25	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	自製椰香局魚 甜菜沙律 紅薯蓉	
週一 9/15/25	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	豆腐、西蘭花同紅蘿蔔配奶油椰香咖哩 中式意麵 亞洲黃瓜沙律	
週二 9/16/25	農場芝士 英式鬆餅 烩蛋	西南風味扁豆 芫茜青檸飯 意式青豆	蝦仁蔬菜炒飯（糙米） 蒜蓉西蘭花 黃瓜沙律	
週三 9/17/25	粟米鬆餅 粟米糊	自製牛肉漢堡 漢堡包 薯條 田園沙律	獅子頭（牛肉丸）配捲心菜 蔥油麵	
週四 9/18/25	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	豉油雞 什錦蔬菜面片	

	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM	
				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。
週五 9/19/25	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	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。
週一 9/22/25	粟米鬆餅 粟米糊	煮蝦同糙米飯 番茄羽衣甘藍	香脆豆腐炒蔬菜 白米飯 焗蒜香西蘭花	
週二 9/23/25	牛油果 紅椒洋蔥炒蛋	西南部風味扁豆湯 番芫青檸飯 意大利青豆	豉油、薑蔥三文魚 焗蕃薯 麻油西蘭花	
週三 9/24/25	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	薯仔燜牛肉 蒜蓉炒包菜	
週四 9/25/25	烱蛋 熱香餅	照燒雞脾 糙米飯 西蘭花同紅椒 炒菠菜	香橙雞 煮西蘭花 麻香糙米	
週五 9/26/25	瑞士汁炒蛋	豆腐蔬菜撈麵 炒洋蔥和甜椒	焗三文魚 焗薯仔 焗西蘭花	
週一 9/29/25	肉桂法式多士 烱蛋	蕃茄醬牛肉丸 意粉 田園沙律	蔬菜伴全麥通心粉 焗薯仔 炒菠菜	
週二 9/30/25	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	魚香茄子肉碎 蒜蓉雜菜 麻香糙米	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。
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 9 月餐單 項目由紐約市老人局 NYC Aging 資助				



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。

