

University Settlement
Older Adults Center Neighborhood Center at 189 Allen St
MAY 2026 MENU. 212-473-8217. Funded by NYC Aging



	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM	<p>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.</p> <p>**Daily menu is subject to change without notice.</p> <p>Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit.</p> <p>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.</p> <p>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.</p> <p>Dinner time has been resumed to 6-6:45 from April 7th, 2026 at 189 Allen street.</p>
				
Fri 5/1/26	Non-Fat 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 5/4/26	Corn Muffin Farina	Homemade Beef Hamburger Hamburger Bun Baked Fries Garden Salad	Chicken Fajitas Yellow Rice Broccoli and Red peppers Cole Slaw	
Tue 5/5/26	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 5/6/26	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 5/7/26	Mini Croissants Salmon Scrambled Eggs Fruit and Juice or Coffee (Mother's Day Celebration Breakfast 9:00AM-10:30 AM)	Pernil(Pork Shoulder) Dominican Moro Salad (Mother's Day Celebration Lunch)	Chicken Parmesan Classic Garlic Bread Spaghetti Italian Blend Vegetables	
Fri 5/8/26	Blueberry Muffins Egg a La Mexicana	Teriyaki Chicken Legs Brown Rice Broccoli and Red peppers Sauteed Spinach	Fish Curry Baked Red Potato Wedges	
Mon 5/11/26	Hard Boiled Egg Pancakes	Beef Meatballs in Tomato Sauce Spaghetti Garden Salad	A Nice Vegetable Soup Baked Breaded Chicken Cutlet Pasta Beet Salad Cucumber and Chickpea Salad	
Tue 5/12/26	Avocado Scrambled Eggs with Red Peppers and Onions	Baked Salmon Brown Rice Steamed Carrots and Green Beans	Arroz con Gandules (Mexican Style Brown Rice With Pigeon Peas) Garden Salad	
Wed 5/13/26	Corn Muffin Farina	Pernil (Roasted Pork Shoulder) Dominican Moro Italian Cut Green Beans	Beef Brisket with Tomatoes and Onions Rice with Corn Steamed Spinach	
Thur 5/14/26	Mini Croissant Salmon Egg Frittata with Potatoes and Peas	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	Chicken Burger Hamburger Bun French Fries	
Fri 5/15/26	Oatmeal Veggie Sausage Patty	Roasted Chicken Legs Baked Sweet Potato Sliced Cucumbers and Tomatoes	Baked Salmon with Lemon, Tarragon and Thyme Roasted potatoes California Blend Vegetables	
Mon 5/18/26	Avocado Southwest Tofu Scramble	Beef and Broccoli Chinese Style Bok Choy	Beef Salisbury Steak Mashed Potatoes Mixed Green Salad	
Tue 5/19/26	Non-Fat Greek Yogurt Raisin Bran Cereal	Pork Spareribs Dominican Moro Sliced Cucumbers and Tomatoes	General Tso's Tofu Vegetable Lo Mein Broccoli with Toasted Garlic	
Wed 5/20/26	Mini Croissant Scrambled Egg and Shimp	Baked Ziti with Cheese Garden Salad Steamed Carrots and Green Beans	Chicken Caprese Spaghetti Baby Spinach Salad with Lemon Vinaigrette	

	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM	<p>**Daily menu is subject to change without notice.</p> <p>Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit.</p> <p>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.</p>
Thur 5/21/26	 Cinnamon French Toast Hard Boiled Egg	 Lentils of the Southwest Cilantro Lime Rice Kale with Tomato	 Cuban Black Beans Stewed Pork Chops Perfect White Rice Italian Blend Vegetables	
Fri 5/22/26	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 5/25/26				
Tue 5/26/26	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 5/27/26	Corn Muffin Farina	Homemade Beef Hamburger Hamburger Bun Baked Fries Garden Salad	Spanish Style Roast Pork Brown Rice Italian Blend Vegetables	
Thur 5/28/26	Non-Fat 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 5/29/26	Avocado Scrambled Egg with Swiss Mini Bagel	Arroz Con Pollo California Blend Vegetables Cucumber Dill Salad	Mango-Licious Fish Garlic Mashed Potatoes Sauteed Spinach	

**University Settlement
Older Adults Center Neighborhood Center at 189 Allen St
MAY 2026 MENU. 212-473-8217. Funded by NYC Aging**



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。



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

2026 年 5 月餐單

項目由紐約市老人局 NYC Aging 資助



UNIVERSITY
U
S
SETTLEMENT

	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM	
星期五 5/1/26	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 意大利米飯 意大利混合蔬菜	<p>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。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。</p> <p>菜單如有更改，恕不另行通知。</p> <p>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。</p> <p>從 2026 年 4 月 7 日起，189 Allen 街的晚餐時間將恢復為 6:00-6:45。</p>
星期一 5/4/26	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	
星期二 5/5/26	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	
星期三 5/6/26	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	
星期四 5/7/26	迷你牛角包 三文魚炒蛋 水果同果汁或者咖啡 (慶祝母親節特別餐單) 上午 9:00- 上午 10:30	豬肩肉 多米尼加風味飯 沙律 (慶祝母親節特別餐單)	帕爾馬芝士雞肉 蒜蓉包 天使麵 意大利混合蔬菜	
星期五 5/8/26	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	
星期一 5/11/26	烩蛋 熱香餅	蕃茄醬牛肉丸 天使面 田園沙律	蔬菜湯 炸雞排 意粉 甜菜沙律 黃瓜鷹嘴豆沙律	
星期二 5/12/26	牛油果 紅椒同洋蔥炒蛋	焗三文魚 糙米 蒸紅蘿蔔同青豆	墨西哥風味雞肉糙米飯 田園沙律	
星期三 5/13/26	粟米鬆餅 粟米糊	烤豬肩肉 多米尼加飯 意式青豆	番茄洋蔥焗牛腩 粟米飯 煮菠菜	
星期四 5/14/26	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	雞肉漢堡 漢堡包 炸薯條	
星期五 5/15/26	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	
星期一 5/18/26	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	
星期二 5/19/26	脫脂希臘乳酪 葡萄乾麥片	燒排骨 多米尼加飯 青瓜片蕃茄	左宗棠豆腐 蔬菜撈麵 焗蒜蓉西蘭花	
星期三 5/20/26	迷你牛角包 蝦炒蛋	焗芝士通粉 田園沙律 蒸紅蘿蔔同青豆	卡普雷塞芝士雞肉 天使面 嫩菠菜沙律配檸檬油醋汁	

	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM	
				
星期四 5/21/26	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	焗豬扒配古巴黑豆 白飯 意式雜菜	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。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。
星期五 5/22/26	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	自製椰香炸魚 甜菜沙律 薯蓉	
星期一 5/25/26	紀念日 中心休息			
星期二 5/26/26	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	多米尼加根類蔬菜湯 甜菜沙律 雜菜沙律	
星期三 5/27/26	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	
星期四 5/28/26	希臘酸奶 燕麥圈	照燒雞脾 糙米飯 西蘭花紅椒 炒蘑菇、辣椒同洋葱	焗雞胸肉 白米飯 加州混合蔬菜 焗甜薯	
星期五 5/29/26	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	

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**
2026 年 5 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。

