

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



	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM
			
Mon 6/1/26	Corn Muffin Farina	Cooked Shrimp and Brown Rice Kale with Tomato	Baked Mushroom Chicken Perfect White Rice Broccoli with Toasted Garlic
Tue 6/2/26	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 6/3/26	Cottage Cheese Oatmeal	Pork Spareribs Dominican Moro Baby carrots with Parsley Cucumber Dill Salad	Beef Meatloaf Smashed Red Potatoes Sauteed String beans
Thur 6/4/26	Hard Boiled Egg Pancakes	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers Sauteed Spinach	Arroz con Pollo Chicken Breast and Rice Tossed Salad with Dressing
Fri 6/5/26	Scrambled Eggs with Swiss	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	Baked Salmon Baked Potato Roasted Broccoli
Mon 6/8/26	Cinnamon French Toast Hard Boiled Egg	Beef Meatballs in Tomato Sauce Spaghetti Garden Salad	Baked Breaded Chicken Cutlet Roasted Potatoes Sauteed Spinach
Tue 6/9/26	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 6/10/26	Oatmeal Veggie Sausage Patty	Lentils of the Southwest Cilantro Lime Rice Sauteed Onions and Peppers	Deluxe Cheeseburger with Onions Hamburger Bun Cole Slaw
Thur 6/11/26	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
Fri 6/12/26	Mini Croissants Shrimp Scrambled Eggs Fruit and Juice or Coffee (Father's Day Celebration Breakfast 9:00AM-10:30 AM)	Baked Salmon Brown Rice Steamed carrots and Green Beans	Baked Fish with Lemon Garlic Butter Sauce Orzo Italian Blend Vegetables
Mon 6/15/26	Corn Muffin Farina	Homemade Beef Hamburger Hamburger Bun Baked Fries Garden Salad	Chicken Fajitas Yellow Rice Broccoli and Red peppers Cole Slaw
Tue 6/16/26	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 6/17/26	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 6/18/26	STAFF DAY CENTER CLOSED		

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.

****Daily menu is subject to change without notice.**

Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit.

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.

	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.
				
Fri 6/19/26	 JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED			
Mon 6/22/26	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	Dinner time has been resumed to 6-6:45 from April 7th, 2026 at 189 Allen street. **Daily menu is subject to change without notice. Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit.
Tue 6/23/26	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 6/24/26	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 6/25/26	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 6/26/26	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 6/29/26	Avocado Southwest Tofu Scramble	Beef and Broccoli Chinese Style Bok Choy	Beef Salisbury Steak Mashed Potatoes Mixed Green Salad	
Tue 6/30/26	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	

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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

2026 年 6 月餐單

項目由紐約市老人局 NYC Aging 資助



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SETTLEMENT

	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM	<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>
星期一 6/1/26	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	
星期二 6/2/26	牛油果 紅椒洋蔥炒蛋	西南部風味扁豆湯 番芫茜青檸飯 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	
星期三 6/3/26	農場芝士 燕麥	豬扒 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	
星期四 6/4/26	烩蛋 熱香餅	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	
星期五 6/5/26	瑞士汁炒蛋	豆腐蔬菜撈麵 炒洋蔥同甜椒	焗三文魚 焗薯仔 焗西蘭花	
星期一 6/8/26	肉桂法式多士 烩蛋	番茄牛肉丸 天使面 田園沙律	炸雞扒 焗薯仔 炒菠菜	
星期二 6/9/26	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	
星期三 6/10/26	燕麥 素香腸餅	西南部風味扁豆湯 番芫茜青檸飯 炒洋蔥同甜椒	洋蔥芝士漢堡 漢堡包 菜絲沙律	
星期四 6/11/26	藍莓鬆餅 墨西哥風味炒雞蛋	燒排骨 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	
星期五 6/12/26	迷你牛角包 虾仁炒蛋 水果同果汁或者咖啡 (慶祝父親節特別餐單) 上午 9:00- 上午 10:30	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	
星期一 6/15/26	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 6/16/26	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 6/17/26	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 6/18/26	員工日 中心休息			

	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。如果您無 法做出貢獻， 您也不會被拒 絕用餐。
星期五 6/19/26	 六月奴隸解放日 中心休息			
星期一 6/22/26	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	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。
星期二 6/23/26	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 6/24/26	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 6/25/26	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 6/26/26	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 6/29/26	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 6/30/26	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	

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