

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



	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM
Wed 7/1/26	Corn Muffin Farina	Pork Spare Ribs Dominican Moro Baby Carrots and Parsley Cucumber Dill Salad	Breaded Chicken cutlet Caribbean Rice and Red Beans Garlic Sanp Peas
Thur 7/2/26	Avocado Scrambled Eggs with Swiss	Teriyaki Chicken Legs Brown Rice Broccoli and Red Pepper Salad	Chickpea Curry Medley Brown Rice Steamed Green Beans
Fri 7/3/26	CENTER CLOSED		
Mon 7/6/26	Cinnamon French Toast Hard Boiled Egg	Classic Chicken Cacciatore Pasta Broccoli and Red peppers	Chicken Marsala Pasta Steamed Broccoli
Tue 7/7/26	Avocado Southwest Tofu Scramble	Baked Salmon Brown Rice Steamed carrots and Green Beans	Chicken & Beef Meatballs Tomato Sauce Pasta Steamed Zucchini
Wed 7/8/26	Not-Fat Plain Greek Yogurt Raisin Bran Cereal	Beef Meatballs in Tomato Sauce Pasta Cucumber and chickpea Salad	Baked Chicken breasts Cuban Black Beans Brown Rice Garlic Snap Peas
Thur 7/9/26	Mini Croissant Scrambled Egg and Shrimp	Baked Falafel Balls Hummus Garden Salad	Tex Mex Veggie Burgers Jeera Rice Steamed Carrots
Fri 7/10/26	Oatmeal Veggie Sausage Patty	BBQ Chicken Leg Quarters Baked Sweet potato Sauteed Kale and Broccoli with Sundried Tomatoes	Baked Fish Oreganata Confetti Brown Rice Zucchini
Mon 7/13/26	Hard Boiled Egg Pancakes	Homemade Beef Hamburger Baked Fries Hamburger bun Garden salad	Maple Dijon Chicken Thighs Brown Rice Steamed Broccoli
Tue 7/14/26	Corn Muffin Farina	Lentils of the Southwest Cilantro Lime Rice Broccoli and Red Pepper Salad	Swedish Meatballs WG Pasta Steamed Carrots
Wed 7/15/26	Avocado Scrambled Eggs with Red peppers and Onions	BBQ Chicken Breasts Roasted Potatoes Sauteed Mushrooms, Peppers, and Onions	Baked Asian Style Honey Chicken Springtime Fried Brown Rice Garlic Snap Peas
Thur 7/16/26	Raisin Bran Cereal Whole Grain Banana Muffin	Pernil (Roasted Pork Shoulder) Dominican Moro Garden Salad	Cuban Black Beans Yellow Rice Steamed Green Beans
Fri 7/17/26	Mini Croissant Salmon Egg Frittata with potatoes and Peas	Cooked Shrimp Brown Rice Italian Cut Green Beans	Spanish Style Baked Fish Brown Rice & Beans Fajita Veg Blend
Mon 7/20/26	Not-Fat Plain Greek Yogurt Toasted Oats Cereal	Pork Spare Ribs Dominican Moro Cucumber Dill Salad	Balsamic Chicken thigh Brown Rice Steamed Cauliflower

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.

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Dinner time has been resumed to 6-6:45 from April 7th, 2026 at 189 Allen street.

	BREAKFAST 9:00-9:45AM 	LUNCH 12-1PM 	DINNER 6-6:45PM 	**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.
Tue 7/21/26	Spinach, Vegetable, and Cheddar Frittata	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	Beef Keema Jeera Rice Steamed Broccoli	
Wed 7/22/26	Cinnamon French Toast Hard Boiled Egg	Turkey, Parsnip, and Potato Pastelon Brown Rice Broccoli and Red Pepper Salad	Shepherd Pie Turkey Homemade Mashed Potatoes Steamed carrots	
Thur 7/23/26	Egg a la Mexicana Whole Grain Blueberry Muffin	Roasted Chicken Legs Baked Sweet Potato Sliced Cucumbers and Tomatoes	Vegetarian Three Bean Chili White Rice Roasted Zucchini	
Fri 7/24/26	Cottage Cheese English Muffin Hard Boiled Egg	Baked Salmon Brown Rice Steamed Carrots and Green Beans	Baked Fish Lemon Garlic Butter savory Brown Rice Mixed vegetables	
Mon 7/27/26	Avocado Southwest Tofu Scramble	Baked Fish with Corn and Potato Sauce Brown Rice Sauteed Onions and peppers	Chicken Parmesan WG Pasta Steamed Broccoli	
Tue 7/28/26	Not-fat Plain Greek Yogurt Toasted Oats Cereal	Baked Ziti with Cheese Garden Salad with black Beans Steamed carrots	Garlic Beef Meatballs Brown Rice Sauteed Onions and Peppers	
Wed 7/29/26	Salmon Egg Frittata with Potatoes and peas	Beef and Broccoli Brown Rice Chinese Style Bok Choy	California Veggie Burger Caribbean Rice and Red Beans Steamed Carrots	
Thur 7/30/26	Hard Boiled Egg Pancakes	Lentils of the Southwest Cilantro Lime Rice Kale with Tomato	White Bean, Kale, and Carrot Medley Yellow Rice Steamed Green Beans	
Fri 7/31/26	Not-Fat Plain Greek Yogurt Oatmeal	Pork Spare Ribs Caribbean Rice and Red Beans Steamed Carrots	Baked Fish Rustic Tomato sauce Pasta Italian Blend Veg	
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Acércate a nosotros si tienes alguna pregunta, comentario o sugerencia.

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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 7 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 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。 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。 從 2026 年 4 月 7 日起，189 Allen 街的晚餐時間將恢復為 6:00-6:45。
				
星期三 7/1/26	粟米鬆餅 小麥糊	燒排骨 多米尼加飯 小紅蘿蔔同歐芹 黃瓜沙律	炸雞扒 加勒比風味紅豆飯 蒜蓉甜豆	
星期四 7/2/26	牛油果 瑞士芝士炒蛋	照燒雞脾 糙米飯 西蘭花紅椒沙律	鷹嘴豆咖喱什錦 糙米飯 清蒸四季豆	
星期五 7/3/26	中心休息			
星期一 7/6/26	肉桂法式多士 烩蛋	經典意式燴雞 意粉 西蘭花同紅甜椒	馬薩拉雞 意粉 清蒸西蘭花	
星期二 7/7/26	牛油果 西南風味豆腐炒蛋	焗三文魚 糙米飯 紅蘿蔔同四季豆	雞同牛混合肉丸 番茄醬意粉 清蒸西葫蘆	
星期三 7/8/26	脫脂原味希臘乳酪 提子乾麥片	番茄醬牛肉丸 意粉 黃瓜鷹嘴豆沙律	焗雞胸肉 古巴黑豆配糙米飯 蒜香甜豆	
星期四 7/9/26	迷你牛角包 蝦仁炒蛋	素丸子 鷹嘴豆蓉 田園沙律	德州風味素食漢堡 孜然米飯 煮紅蘿蔔	
星期五 7/10/26	燕麥 素香腸餅	燒烤雞脾 焗紅薯 炒羽衣甘藍同西蘭花配風乾番茄	烤魚 牛至碎糙米飯 西葫蘆	
星期一 7/13/26	烩蛋 熱香餅	自製漢堡牛肉 薯條 漢堡包 田園沙律	楓糖法國芥末雞脾 糙米飯 西蘭花	
星期二 7/14/26	粟米鬆餅 小麥糊	西南扁豆湯 香芫青檸飯 西蘭花紅甜椒沙律	瑞典肉丸 全麥意粉 紅蘿蔔	
星期三 7/15/26	牛油果 甜椒洋蔥炒蛋	燒烤雞胸肉 焗薯仔 炒蘑菇、甜椒同洋蔥	亞洲風味蜜汁燒雞 春季炒糙米飯 蒜蓉甜豆	
星期四 7/16/26	提子乾麥片 全麥香蕉鬆餅	烤豬肩肉 多明尼加風味飯 田園沙律	古巴黑豆 黃米飯 清蒸四季豆	
星期五 7/17/26	迷你牛角包 豌豆，薯仔，三文魚煎蛋餅	蝦仁同糙米 意式四季豆	西班牙風味焗魚 糙米同豆 墨西哥風味雜菜	
星期一 7/20/26	脫脂原味希臘乳酪 麥圈	燒排骨 多明尼加風味飯 香醋蒔蘿黃瓜沙律	雞上脾 糙米 煮椰菜花	

	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。
星期二 7/21/26	菠菜同雜菜 切達芝士煎蛋餅	豆腐蔬菜撈麵 炒洋蔥同甜椒	牛肉碎 孜然風味飯 煮椰菜花	每天提供含 1% 牛 奶、人造黃油、 小麥麵包和新鮮 水果的膳食。
星期三 7/22/26	肉桂法式多士 烩蛋	火雞肉、歐洲蘿蔔薯仔餡餅 糙米飯 西蘭花甜椒沙律	牧羊人派 火雞肉 自製薯蓉 煮紅蘿蔔	
星期四 7/23/26	墨西哥風味炒蛋 全麥藍莓鬆餅	焗雞脾 焗蕃薯 黃瓜同番茄	辣椒味素食三豆 白飯 焗西葫蘆	
星期五 7/24/26	農場芝士 英式鬆餅 烩蛋	焗三文魚 糙米飯 煮紅蘿蔔同四季豆	焗魚配檸檬蒜蓉奶油醬汁 糙米飯 什錦蔬菜	
星期一 7/27/26	牛油果 西南風味炒豆腐	焗魚配粟米薯仔醬 糙米 炒洋蔥同甜椒	帕爾馬芝士焗雞肉 意粉 煮西蘭花	
星期二 7/28/26	脫脂原味希臘乳酪 麥圈	芝士焗通粉 黑豆田園沙律 煮紅蘿蔔	蒜香牛肉丸 糙米 炒洋蔥同甜椒	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。
星期三 7/29/26	三文魚炒蛋配薯仔同豌豆	牛肉同西蘭花 糙米 中式白菜	加州素食漢堡 紅豆加勒比風味飯 煮紅蘿蔔	
星期四 7/30/26	烩蛋 熱香餅	西南部扁豆湯 香芹青檸飯 羽衣甘藍配蕃茄	白豆、羽衣甘藍同紅蘿蔔混合菜 黃米飯 煮四季豆	
星期五 7/31/26	脫脂原味希臘乳酪 燕麥	燒排骨 紅豆加勒比風味飯 煮紅蘿蔔	焗魚 粗粒番茄醬意粉 意大利混合蔬菜	
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 7 月餐單 項目由紐約市老人局 NYC Aging 資助				



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