

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



	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM
			
Tue 9/1/26	Spinach, Vegetable, and Cheddar Frittata	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	Beef Keema Jeera Rice Steamed Broccoli
Wed 9/2/26	Cinnamon French Toast Hard Boiled Egg	Turkey, Parsnip, and Potato Pastelon Brown Rice Broccoli and Red Pepper Salad	Shepherd Pie with Turkey Homemade Mashed Potatoes Steamed carrots
Thu 9/3/26	Egg a la Mexicana Grain Blueberry Muffin	Roasted Chicken Legs Baked Sweet Potato Sliced Cucumbers and Tomatoes	Vegetarian Three Bean Chili White Rice Roasted Zucchini
Fri 9/4/26	Cottage Cheese English Muffin Hard Boiled Egg	Baked Salmon Brown Rice Steamed Carrots and Green Beans	Baked Fish whit Lemon Garlic Butter savory Confetti Brown Rice Mixed vegetables (Dinner at 1:15pm)
Mon 9/7/26	 CENTER CLOSED		
Tue 9/8/26	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 9/9/26	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
Thu 9/10/26	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 9/11/26	Not-Fat Plain Greek Yogurt Oatmeal	Pork Spare Ribs Caribbean Rice and Red Beans Steamed Carrots	Baked Fish with Rustic Tomato sauce Pasta California Blend Vegetables
Mon 9/14/26	Avocado Scrambled Egg and Shrimp	Teriyaki Chicken Legs Brown Rice Italian Blend Vegetables	Chicken Fajitas Spanish Brown Rice and Beans Sauteed Onions and Peppers
Tue 9/15/26	Cinnamon French Toast Hard Boiled Egg	Baked Falafel Balls Hummus Cucumber Dill Salad	Chili Con Carne White Rice Steamed Green beans
Wed 9/16/26	Latin Heritage Brunch (9:00-10:30) Scrambled Eggs with Chorizo Breakfast roll Fresh fruit Orange juice/coffee	Bulgur Con Pollo Cucumber and Chickpea Salad	Honey-Apricot Glazed Chicken Pearled Barley Steamed Cauliflower
Thu 9/17/26	Non-Fat plain Greek Yogurt Raisin Bran Cereal	Baked Fish with Corn and Potato Sauce Brown Rice Sauteed Onions and Peppers	Creamy Chickpea Potato Curry Confetti Brown Rice California Blend Vegetables
Fri 9/18/26	Baked Banana Walnut Oatmeal Hard Boiled Egg	Hamburger Bun Homemade Beef Baked Fries Sliced Cucumbers and Tomatoes	Baked Fish with Garlic Crumb Crust Pasta Steamed Broccoli, Cauliflower and Carrots (Dinner at 1:15pm)

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. **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.
Mon 9/21/26	Blueberry Muffins Egg a la Mexicana	Brown Rice with Cooked Shrimp Kale with Tomato	Classic Chicken Cacciatore Pasta Steamed Broccoli	
Tue 9/22/26	Non- Fat Plain Greek Yogurt Toasted Oats Cereal	Bulgur Con Pollo Cucumber and Chickpea Salad	Pepper Flank Steak Yellow Rice California Blend Vegetables	
Wed 9/23/26	Corn Muffin Farina	Pork Spare Ribs Dominican Moro Baby Carrots and Parsley Cucumber Dill Salad	Baked Breaded Chicken Cutlet Caribbean Rice and Red beans Garlic Snap Peas	
Thu 9/24/26	Avocado Scrambled Eggs with Swiss	Teriyaki Chicken Legs Brown Rice Broccoli and Red Pepper Salad	Chickpea Curry Medley Brown Rice Steamed Green Beans	
Fri 9/25/26	Cottage Cheese English Muffin Hard Boiled Egg	Vegetable Lo Mein with Crispy Tofu Bok Choy and Mushroom stir-Fry	Baked Fish with Sweet and Sour Sauce Springtime Fried Brown Rice Steamed Carrots	
Mon 9/28/26	Cinnamon French Toast Hard Boiled Egg	Classic Chicken Cacciatore Pasta Broccoli and Red peppers	Chicken Marsala Pasta Steamed Broccoli	
Tue 9/29/26	Avocado Southwest Tofu Scramble	Baked Salmon Brown Rice Steamed carrots and Green Beans	Chicken & Beef Meatballs in Tomato Sauce Pasta Steamed Zucchini	
Wed 9/30/26	Not-Fat Plain Greek Yogurt Raisin Bran Cereal	Beef Meatballs in Tomato Sauce Pasta Cucumber and chickpea Salad	Baked Chicken Breasts Cuban Black beans and Brown Rice Garlic Snap Peas	
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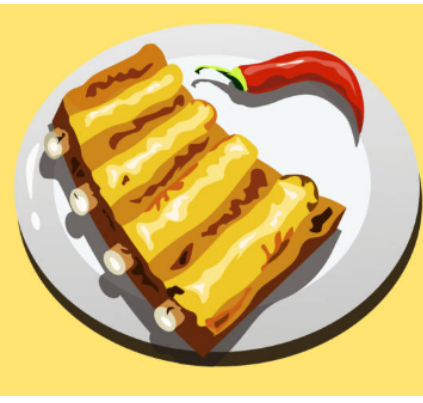
Acércate a nosotros si tienes alguna pregunta, comentario o sugerencia.

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	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。
				
星期二 9/1/26	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	
星期三 9/2/26	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	牧羊人火雞肉派 自製薯蓉 煮紅蘿蔔	
星期四 9/3/26	墨西哥風味炒蛋 全麥藍莓鬆餅	焗雞脾 焗蕃薯 黃瓜同番茄	辣素食三豆 白飯 焗西葫蘆	
星期五 9/4/26	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	焗魚配檸檬蒜蓉牛油醬汁 五彩糙米飯 什錦蔬菜 (晚餐 1:15 開始)	
星期一 9/7/26	 中心休息			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 9/8/26	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	
星期三 9/9/26	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 9/10/26	烩蛋 熱香餅	西南部扁豆湯 香茼青檸飯 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 9/11/26	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 加州什錦蔬菜	
星期一 9/14/26	牛油果 蝦炒蛋	照燒雞脾 糙米 意大利混合蔬菜	炒雞肉條 西班牙風味糙米同豆 炒洋蔥同甜椒 (晚餐 1:15 開始)	
星期二 9/15/26	肉桂法式多士 烩蛋	素肉丸 鷹嘴豆蓉 青瓜芹菜沙律	辣肉醬 白飯 煮青豆	
星期三 9/16/26	拉丁傳統早午餐 (9:00-10:30) 炒蛋配香腸 餐包 新鮮水果 橙汁/咖啡	穀物同雞肉 青瓜同鷹嘴豆沙律	蜜汁杏子烤雞 珍珠麥 煮椰菜花	
星期四 9/17/26	脫脂原味希臘乳酪 提子乾麥片	焗魚配粟米薯仔醬 糙米 炒洋蔥同甜椒	忌廉鹹豆薯仔咖喱 五彩糙米飯 加州混合蔬菜	
星期五 9/18/26	香蕉核桃燕麥粥 烩蛋	漢堡包 自製牛肉堡 焗薯條 切片青瓜同蕃茄	蒜香炸魚 意粉 煮西蘭花,椰菜花同紅蘿蔔	

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星期一 9/21/26	藍莓鬆餅 墨西哥風味炒蛋	糙米配熟蝦 羽衣甘藍配蕃茄	經典意式汁雞肉 意粉 煮西蘭花	
星期二 9/22/26	脫脂原味希臘乳酪 燕麥圈	全穀物同雞肉 青瓜同鷹嘴豆沙律	胡椒牛扒 黃色米飯 加州混合蔬菜	
星期三 9/23/26	粟米鬆餅 小麥糊	燒排骨 多米尼加風味飯 小紅蘿蔔同茼蒿 青瓜香草沙律	炸雞扒 加勒比風味紅豆飯 蒜蓉蘭豆	
星期四 9/24/26	牛油果 炒蛋配瑞士汁	照燒雞脾 糙米 西蘭花同紅椒沙律	咖哩鷹嘴豆醬 糙米 煮豆仔	
星期五 9/25/26	農場芝士 英式鬆餅	烩蛋 蔬菜撈麵配豆腐 蘑菇炒白菜	糖醋焗魚 炒糙米飯 煮紅蘿蔔	
星期一 9/28/26	肉桂法式多士 烩蛋	經典意式燴雞 意粉 西蘭花同紅甜椒	意式紅酒汁煮雞 意粉 煮西蘭花	
星期二 9/29/26	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	蕃茄醬雞肉牛肉混合丸 意粉 煮西葫蘆	
星期三 9/30/26	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 古巴黑豆同糙米 蒜蓉蘭豆	
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 9 月餐單 項目由紐約市老人局 NYC Aging 資助				



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