

University Settlement
Older Adults Center Neighborhood Center at 189 Allen St
OCTOBER 2025 MENU. 212-473-8217. Funded by NYC Aging



	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 is subject to change without notice.
Wed 10/1/25	Oatmeal (1 cup) Veggie Sausage Patty (pre-prepared)	Lentils of the Southwest Cilantro Lime Rice Sauteed Onions and Peppers	Shrimp with Mixed Vegetables Lo Mein Noodles	
Thur 10/2/25	Blueberry Whole Wheat/Corn Muffins	Pork Spare Ribs Dominican Moro Sauteed Kale and Broccoli with Sundried Tomatoes	Beef with Pineapple, Peppers and Onions Brown Rice Mixed Green Salad	
Fri 10/3/25	Non-Fat Plain Greek Yogurt (1 cup) Toasted Oats Cereal	Baked Salmon Brown Rice Steamed Carrots and Green Beans	Ginger Scallion Soy-sauce Chicken Fried (Brown) Rice Mixed Vegetables	
Mon 10/6/25	Corn Muffin (pre-prepared) Farina Whole Wheat Bread	Homemade Beef Hamburger & Whole Wheat Hamburger Bun Baked Fries Green Salad	Braised Pork with Potatoes Bok Choy with Garlic Brown Rice Mixed Vegetables <i>(Mid-Autumn Festival inspired menu)</i>	
Tue 10/7/25	Mini Croissant Scrambled Egga and Shrimp	BBQ Chicken Breasts Roasted Potatoes Italian Blend Vegetables	Lion's Head Beef Meatballs Bok Choy with Garlic Noodles in Soy Sauce	
Wed 10/8/25	Non-Fat Plain Greek Yogurt Raisin Bran Cereal Whole Wheat Bread	Cooked Shrimp (3 oz) Brown Rice Cucumber Dill Salad / Sauteed Spinach and Tomatoes	Slightly Sweet and Sour Fish Brown Rice Lemony Mixed Vegetables	
Thur 10/9/25	Southwest Tofu Scramble	Baked Falafel Balls Rice with Vegetables Kale with Tomato /Sliced Cucumbers and Tomatoes	Soy-sauce Braised Chicken Sesame Noodles with Scallion and Rainbow Vegetables	
Fri 10/10/25	Blueberry Whole Wheat/Corn Muffins Egg a la Mexicana	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers	Fish Curry Baked Red Potato Wedges	
Mon 10/13/25	Hard Boiled Egg Pancakes	Beef Meatballs in Tomato Sauce Spaghetti (1/2 cup) Garden Salad	Crispy Tofu with Stewed Tomatoes and Peppers Coconut Brown Rice with Spinach and Peas	
Tue 10/14/25	Avocado (Garnish) Scrambled Eggs with Red Peppers and Onions	Baked Salmon Brown Rice Steamed Carrots and Green Beans	Honey Ginger Soy Glazed Salmon Brown Rice Broccoli and Carrots with Toasted Garlic Breadcrumbs	
Wed 10/15/25	Corn Muffin Farina	Pernil (Roasted Pork Shoulder) Dominican Moro Italian Cut Green Beans	Beef with Tomato and Onions Stir-Fry (Peruvian Lomo Saltado) Baked Sweet Potatoes Wedges Cucumber and Spinach Salad	
Thur 10/16/25	Mini Croissant Salmon Egg Frittata with Potatoes and Peas	Vegetables Lo Mein with Crispy Tofu Sauteed Onions and Peppers	Shrimp Fried (Brown) Rice with Carrots and Peas Sesame Broccoli and Napa Cabbage	
Fri 10/17/25	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 10/20/25	Avocado (Garnish) Southwest Tofu Scramble	Beef and Broccoli Chinese Style Bok Choy	Kale, Pumpkin and Beans Chili Mexican-style Corn Salad (Esquites)	
Tue 10/21/25	Non-Fat Plain Greek Yogurt Raisin Bran Cereal	Pork Spare Ribs Dominican Moro Sliced Cucumbers and Tomatoes	Gingery Chicken and Mushroom Stir-Fry Brown Rice & Bok Choy with Garlic	

	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. YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE. 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 is subject to change without notice.
Wed 10/22/25	Mini Croissant Scrambled Egg and Shrimp	Baked Ziti with Cheese Garden Salad Steamed Carrots and Green Beans	Cantonese-style Beef Stew with Sweet Potatoes Mixed Green Salad	
Thur 10/23/25	Cinnamon French Toast Hard Boiled Egg	Lentils of the Southwest Cilantro Lime Rice Kale with Tomato	Crispy Fish Cutlets with Sweet Corn Sauce Sesame Brown Rice with Spinach and Peas	
Fri 10/24/25	Oatmeal Veggie Sausage Patty	Baked Fish Caribbean Rice and Red Beans Broccoli and Red Peppers Mixed Green Salad	Homemade Coconut Breaded Fish Smashed Red Potatoes Beet Salad	
Mon 10/27/25	Blueberry Whole Wheat/Corn Muffins Egg a la Mexicana	Cooked Shrimp (3 oz) Brown Rice Kale with Tomato /Sauteed Broccoli with Mushrooms and Pearl Onions	Slightly Sweet and Sour Crispy Tofu Coconut Brown Rice with Spinach and Peas	
Tue 10/28/25	Cottage Cheese (3/4 cup) English Muffin, Whole Wheat Hard Boiled Egg	Lentils of the Southwest Cilantro Lime Rice Italian Cut Green Beans	Beef with Pineapple, Peppers and Onions Stir-Fry Brown Rice Mixed Salad	
Wed 10/29/25	Corn Muffin (pre-prepared) Farina	Homemade Beef Hamburger Whole Wheat Hamburger Bun Baked Fries Garden Salad	Soy-braised Chicken Sesame Noodles with Scallions and Rainbow Vegetables	
Thur 10/30/25	Non-Fat Plain Greek Yogurt Toasted Oats Cereal	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers	Cantonese-style Ginger Scallion Fish Brown Rice Mixed Vegetables in Sesame and Soy	
Fri 10/31/25	Avocado (Garnish) Scrambled Eggs with Swiss Whole Wheat Mini Bagel	Arroz Con Pollo California Blend Vegetables /Cucumber Dill Salad	Mango-licious Fish Garlic Mashed Potatoes	
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Your health matters!

Your voice matters!

Come to us if you have any questions, comments or feedback.

¡Tu salud importa!

¡Tu voz importa!

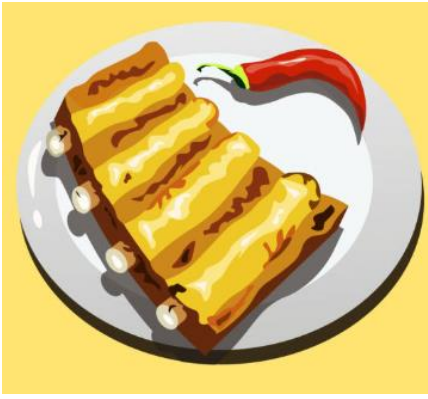
Acércate a nosotros si tienes alguna pregunta, comentario o sugerencia.

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。
星期三 10/1/25	燕麦片（一杯） 素香肠饼（预制）	西南风味扁豆 青柠香菜饭 炒洋葱和甜椒	虾仁炒杂菜 捞面	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。
星期四 10/2/25	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	
星期五 10/3/25	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）	
星期一 10/6/25	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	
星期二 10/7/25	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	
星期三 10/8/25	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	
星期四 10/9/25	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	
星期五 10/10/25	藍莓全麥玉米鬆餅 墨西哥風味炒蛋	照燒雞腿 西蘭花與紅椒 糙米飯	咖喱魚 烤紅皮馬鈴薯角	
星期一 10/13/25	肉桂法式多士 烩蛋	蕃茄醬牛肉丸 義大利麵 花園沙拉	香煎豆腐配燉蕃茄甜椒 椰香糙米飯配菠菜與青豆	
星期二 10/14/25	酪梨（點綴） 紅椒洋蔥炒滑蛋	烤鮭魚 糙米飯 清蒸紅蘿蔔與四季豆	蜜薑醬油烤鮭魚 糙米飯 蒜香麵包屑炒西蘭花與紅蘿蔔	
星期三 10/15/25	玉米鬆餅 麥糊	烤豬肩肉（波多黎各 Pernil） 多明尼加什錦飯 義式切段四季豆	番茄洋蔥炒牛肉（秘魯炒牛） 烤地瓜角 黃瓜菠菜沙拉	
星期四 10/16/25	迷你可頌 鮭魚蛋 馬鈴薯青豆蛋餅	豆腐蔬菜撈麵 炒洋蔥與甜椒	蝦仁炒糙米飯配紅蘿蔔與青豆 芝麻西蘭花與大白菜	

星期五 10/17/25	燕麥粥 素香腸排	烤雞腿 烤地瓜 黃瓜蕃茄片	香草檸檬烤鮭魚 烤馬鈴薯 加州綜合蔬菜	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。
星期一 10/20/25	酪梨（點綴） 西南風味豆腐炒蛋	西蘭花炒牛肉 中式炒青江菜	羽衣甘藍南瓜豆辣燉菜 墨西哥玉米沙拉（街頭風味）	
	早餐 9:00-9:45AM 	午餐 12-1PM 	晚餐 6-6:45PM 	
星期二 10/21/25	無脂原味希臘優格 葡萄乾麩片麥片	豬肋排 多明尼加什錦飯 黃瓜蕃茄片	薑味雞肉炒蘑菇 糙米飯 蒜炒青江菜	
星期三 10/22/25	迷你可頌 炒蛋蝦仁	焗烤通心粉佐起司 花園沙拉 清蒸紅蘿蔔與四季豆	廣式牛肉燉紅薯 混合生菜沙拉 焗蒜香西蘭花	
星期四 10/23/25	肉桂法式吐司 水煮蛋	西南部風味扁豆湯 番茛青檸飯 意大利青豆	豉油、薑蔥三文魚 焗蕃薯 麻油西蘭花	
星期五 10/24/25	燕麥粥 素香腸排	烤魚 加勒比紅豆飯 西蘭花與紅椒 綜合生菜沙拉	自製椰香炸魚 壓碎紅皮馬鈴薯 甜菜沙拉	
星期一 10/27/25	藍莓全麥玉米鬆餅 墨西哥風味炒蛋	熟蝦（三盎司） 糙米飯 蕃茄炒羽衣甘藍/炒西蘭花配蘑菇與珍珠洋蔥	微酸甜脆豆腐 椰香糙米飯配菠菜與青豆	
星期二 10/28/25	奶酪（3/4 杯） 全麦英式松饼 水煮蛋	西南風味扁豆 香菜萊姆飯 義式切段四季豆	鳳梨甜椒洋蔥炒牛肉 糙米飯 綜合沙拉	
星期三 10/29/25	玉米鬆餅 麥糊	自製牛肉漢堡 全麥漢堡麵包 烘烤薯條 花園沙拉	醬油燜雞 芝麻蔬菜拌麵 彩虹蔬菜	
星期四 10/30/25	無脂原味希臘優格（一杯） 烤燕麥片	照燒雞腿 糙米飯 西蘭花與紅椒	廣式薑蔥蒸魚 糙米飯 芝麻醬油炒什錦蔬菜	
星期五 10/31/25	酪梨（點綴） 瑞士奶酪炒蛋 全麦迷你贝果	西班牙鸡肉饭 加州混合蔬菜/ 黃瓜蒔萝沙拉	芒果風味魚 蒜味土豆泥	

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 10 月餐單
項目由紐約市老人局 NYC Aging 資助



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