

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.
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	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.
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	**Daily menu is subject to change without notice.
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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¡Tu salud importa!

¡Tu voz importa!

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 紅椒同洋葱炒蛋	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 炒洋葱同辣椒	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	迷你牛角包 蝦炒蛋	焗芝士通粉 田園沙律 蒸紅蘿蔔同青豆	青椒洋葱炒牛肉 雜蔬菜炒碎米粉	
星期一 10/13/25	肉桂法式多士 烩蛋	西南風味扁豆 蕃茜青檸飯 羽衣甘蓝配番茄	家常什錦蔬菜炒豆腐 薑蔥拌飯 炒菠菜	
星期二 10/14/25	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	自製椰香局魚 甜菜沙律 紅薯蓉	
星期三 10/15/25	藍莓鬆餅 墨西哥風味炒蛋	蝦仁同糙米 羽衣甘藍配番茄 西蘭花炒蘑菇同喬頭	豆腐、西蘭花同紅蘿蔔配奶油椰香咖喱 中式意麵 亞洲黃瓜沙律	
星期四 10/16/25	農場芝士 英式鬆餅 烩蛋	西南風味扁豆 茼蒿青檸飯 意式青豆	蝦仁蔬菜炒飯（糙米） 蒜蓉西蘭花 黃瓜沙律	
星期五 10/17/25	粟米鬆餅 粟米糊	自製牛肉漢堡 漢堡包 薯條 田園沙律	獅子頭（牛肉丸）配捲心菜 蔥油麵	
星期一 10/20/25	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	豉油雞 什锦蔬菜面片	

	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM	
				
星期二 10/21/25	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	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。 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。
星期三 10/22/25	粟米鬆餅 粟米糊	煮蝦同糙米飯 番茄羽衣甘藍	香脆豆腐炒蔬菜 白米飯 焗蒜香西蘭花	
星期四 10/23/25	牛油果 紅椒洋蔥炒蛋	西南部風味扁豆湯 番芫青檸飯 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	農場芝士 燕麥	燒排骨 多米尼加風味飯 歐芹小紅蘿蔔 香草黃瓜沙律	薯仔燜牛肉 蒜蓉炒包菜	
星期一 10/27/25	烱蛋 熱香餅	照燒雞脾 糙米飯 西蘭花同紅椒 炒菠菜	香橙雞 煮西蘭花 麻香糙米	
星期二 10/28/25	奶酪 (3/4 杯) 全麦英式松饼 水煮蛋	豆腐蔬菜撈麵 炒洋蔥和甜椒	焗三文魚 焗薯仔 焗西蘭花	
星期三 10/29/25	肉桂法式多士 烱蛋	蕃茄醬牛肉丸 意粉 田園沙律	蔬菜伴全麥通心粉 焗薯仔 炒菠菜	
星期四 10/30/25	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	魚香茄子肉碎 蒜蓉雜菜 麻香糙米	
星期五 10/31/25	牛油果 (点缀) 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	芒果风味鱼 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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