

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



|                 | BREAKFAST<br>9:00-9:45AM                                                                          | LUNCH<br>12-1PM                                                                                    | DINNER<br>6-6:45PM                                                                   | <p>Suggested contribution <b>\$0.25</b> for breakfast, and <b>\$1.00</b> for lunch and dinner respectively. YOUR CONTRIBUTION IS TOTALLY VOLUNTARY. You will NOT be denied a meal if you are unable to contribute.</p> <p><b>**Daily menu is subject to change without notice.</b></p> <p>Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit.</p> <p>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.</p> |
|-----------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                 |                                                                                                   |                                                                                                    |                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Thu<br>10/1/26  | Mini Croissant<br>Scrambled Egg and Shrimp                                                        | Baked Falafel Balls<br>Hummus<br>Garden Salad                                                      | Tex Mex Veggie Burger<br>Jeera Rice<br>Steamed Carrots                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Fri<br>10/2/26  | Oatmeal<br>Veggie Sausage Patty                                                                   | BBQ Chicken Leg Quarters<br>Baked Sweet potato<br>Sauteed Kale and Broccoli with Sundried Tomatoes | Baked Fish Oreganata<br>Confetti Brown Rice<br>Zucchini                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Mon<br>10/5/26  | Hard Boiled Egg<br>Pancakes                                                                       | Homemade Beef Hamburger<br>Baked Fries<br>Hamburger bun<br>Garden salad                            | Maple Dijon Chicken Thighs<br>Brown Rice<br>Steamed Broccoli                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Tue<br>10/6/26  | Corn Muffin<br>Farina                                                                             | Lentils of the Southwest<br>Cilantro Lime Rice<br>Broccoli and Red Pepper Salad                    | Swedish Meatballs with Beef and Turkey<br>Pasta<br>Steamed Carrots                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Wed<br>10/7/26  | Avocado<br>Scrambled Eggs with Red peppers and Onions                                             | BBQ Chicken Breasts<br>Roasted Potatoes<br>Sauteed Mushrooms, Peppers, and Onions                  | Baked Asian Style Honey Chicken<br>Springtime Fried Brown Rice<br>Garlic Snap Peas   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Thu<br>10/8/26  | Raisin Bran Cereal<br>Whole Grain Banana Muffin                                                   | Pernil (Roasted Pork Shoulder)<br>Dominican Moro<br>Garden Salad                                   | Cuban Black Beans<br>Yellow Rice<br>Steamed Green Beans                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Fri<br>10/9/26  | Mini Croissant<br>Salmon Egg Frittata with potatoes and Peas                                      | Cooked Shrimp<br>Brown Rice<br>Italian Cut Green Beans                                             | Spanish Style Baked Fish<br>Spanish Brown Rice & Beans<br>Sauteed Onions and Peppers |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Mon<br>10/12/26 | Not-Fat Plain Greek Yogurt<br>Toasted Oats Cereal                                                 | Pork Spare Ribs<br>Dominican Moro<br>Cucumber Dill Salad                                           | Balsamic Chicken thigh<br>Pasta<br>Steamed Cauliflower                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Tue<br>10/13/26 | Spinach, Vegetable, and Cheddar Frittata                                                          | Vegetable Lo Mein with Crispy Tofu<br>Sauteed Onions and Peppers                                   | Beef Keema<br>Jeera Rice<br>Steamed Broccoli                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Wed<br>10/14/26 | Fall Brunch (9:00-10:30)<br>Cereal, Yogurt with Peach<br>Scramble Eggs<br>Orange Juice and Coffee | Turkey, Parsnip, and Potato<br>Pastelon<br>Brown Rice<br>Broccoli and Red Pepper Salad             | Shepherd Pie with Turkey<br>Homemade Mashed Potatoes<br>Steamed carrots              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Thu<br>10/15/26 | Egg a la Mexicana<br>Whole Grain Blueberry Muffin                                                 | Roasted Chicken Legs<br>Baked Sweet Potato<br>Sliced Cucumbers and Tomatoes                        | Vegetarian Three Bean Chili<br>White Rice<br>Roasted Zucchini                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Fri<br>10/16/26 | Cottage Cheese<br>English Muffin<br>Hard Boiled Egg                                               | Baked Salmon<br>Brown Rice<br>Steamed Carrots and Green Beans                                      | Baked Fish with Lemon Garlic Butter Sauce<br>Brown Rice<br>Mixed vegetables          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Mon<br>10/19/26 | Avocado<br>Southwest Tofu Scramble                                                                | Baked Fish with Corn and Potato Sauce<br>Brown Rice<br>Sauteed Onions and peppers                  | Chicken Parmesan<br>WG Pasta<br>Steamed Broccoli                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Tue<br>10/20/26 | Not-fat Plain Greek Yogurt<br>Toasted Oats Cereal                                                 | Baked Ziti with Cheese<br>Garden Salad with black Beans<br>Steamed carrots                         | Garlic Beef Meatballs<br>Brown Rice<br>Sauteed Onions and Peppers                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

|              | <div>BREAKFAST</div> <div>9:00-9:45AM</div> <div></div> | <div>LUNCH</div> <div>12-1PM</div> <div></div> | <div>DINNER</div> <div>6-6:45PM</div> <div></div> | <div>Suggested contribution <b>\$0.25</b> for breakfast, and <b>\$1.00</b> for lunch and dinner respectively. YOUR CONTRIBUTION IS TOTALLY VOLUNTARY. You will NOT be denied a meal if you are unable to contribute.</div> <div>Dinner time has been resumed to 6-6:45 from April 7<sup>th</sup>, 2026 at 189 Allen street.</div> <div><b>**Daily menu is subject to change without notice.</b></div> <div>Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit.</div> <div>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.</div> |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wed 10/21/26 | Salmon Egg Frittata with Potatoes and peas                                                                                               | Beef and Broccoli<br>Brown Rice<br>Chinese Style Bok Choy                                                                        | California Veggie Burger<br>Caribbean Rice and Red Beans<br>Steamed Carrots                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Thu 10/22/26 | Hard Boiled Egg<br>Pancakes                                                                                                              | Lentils of the Southwest<br>Cilantro Lime Rice<br>Kale with Tomato                                                               | White Bean, Kale, and Carrot Medley<br>Yellow Rice<br>Steamed Green Beans                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Fri 10/23/26 | Not-Fat Plain Greek Yogurt<br>Oatmeal                                                                                                    | Pork Spare Ribs<br>Caribbean Rice and Red Beans<br>Steamed Carrots                                                               | Baked Fish Rustic Tomato sauce<br>Pasta<br>California Blend Vegetables                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Mon 10/26/26 | Avocado<br>Scrambled Egg and Shrimp                                                                                                      | Teriyaki Chicken Legs<br>Brown Rice<br>Italian Blend Vegetables                                                                  | Chicken Fajitas<br>Spanish Brown Rice and Beans<br>Sauteed Onions and Peppers                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Tue 10/27/26 | Cinnamon French Toast<br>Hard Boiled Egg                                                                                                 | Baked Falafel Balls<br>Hummus<br>Cucumber Dill Salad                                                                             | Chili Con Carne<br>White Rice<br>Steamed Green beans                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Wed 10/28/26 | Egg a la Mexicana<br>Whole Grain Blueberry Muffin                                                                                        | Bulgur Con Pollo<br>Cucumber and Chickpea Salad                                                                                  | Honey-Apricot Glazed Chicken<br>Pearled Barley<br>Steamed Cauliflower                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Thu 10/29/26 | Non-Fat plain Greek Yogurt<br>Raisin Bran Cereal                                                                                         | Baked Fish with Corn and Potato Sauce<br>Brown Rice<br>Sauteed Onions and Peppers                                                | Creamy Chickpea Potato Curry<br>Confetti Brown Rice<br>California Blend Vegetables                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Fri 10/30/26 | Baked Banaba Walnut<br>Oatmeal<br>Hard Boiled Egg                                                                                        | Hamburger Bun<br>Homemade Beef<br>Baked Fries<br>Sliced Cucumbers and Tomatoes                                                   | Baked White Fish with Garlic Crumb crust<br>Pasta<br>Steamed Broccoli, Cauliflower and Carrots                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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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。<br>午餐建议捐款 \$1.00 美元。<br>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。<br>每天提供含 1% 牛奶、人造黃油、小麥麵包和新鮮水果的膳食。 |
| 星期四 10/1/26  | 迷你牛角包<br>蝦仁炒蛋                                                                     | 素丸子<br>鷹嘴豆蓉<br>田園沙律                                                                | 德州風味素食漢堡<br>孜然米飯<br>煮紅蘿蔔                                                            | 菜單如有更改，恕不另行通知。                                                                                                    |
| 星期五 10/2/26  | 燕麥<br>素香腸餅                                                                        | 焗雞脾<br>焗紅薯<br>炒羽衣甘藍同西蘭花配風乾番茄                                                       | 焗魚<br>牛至碎糙米飯<br>西葫蘆                                                                 |                                                                                                                   |
| 星期一 10/5/26  | 烱蛋<br>熱香餅                                                                         | 自製漢堡牛肉<br>薯條<br>漢堡包<br>田園沙律                                                        | 楓糖法國芥末雞脾<br>糙米飯<br>西蘭花                                                              |                                                                                                                   |
| 星期二 10/6/26  | 粟米鬆餅<br>小麥糊                                                                       | 西南扁豆湯<br>香茺青檸飯<br>西蘭花紅甜椒沙律                                                         | 瑞典肉丸<br>全麥意粉<br>紅蘿蔔                                                                 |                                                                                                                   |
| 星期三 10/7/26  | 牛油果<br>甜椒洋蔥炒蛋                                                                     | 燒烤雞胸肉<br>焗薯仔<br>炒蘑菇、甜椒同洋蔥                                                          | 亞洲風味蜜汁燒雞<br>春季炒糙米飯<br>蒜蓉甜豆                                                          |                                                                                                                   |
| 星期四 10/8/26  | 提子乾麥片<br>全麥香蕉鬆餅                                                                   | 燒豬肩肉<br>多明尼加風味飯<br>田園沙律                                                            | 古巴黑豆<br>黃米飯<br>清蒸四季豆                                                                |                                                                                                                   |
| 星期五 10/9/26  | 迷你牛角包<br>豌豆，薯仔，三文魚煎蛋餅                                                             | 蝦仁同糙米<br>意式四季豆                                                                     | 西班牙風味焗魚<br>糙米同豆<br>墨西哥風味雜菜                                                          |                                                                                                                   |
| 星期一 10/12/26 | 脫脂原味希臘乳酪<br>麥圈                                                                    | 燒排骨<br>多明尼加風味飯<br>香醋蒔蘿黃瓜沙律                                                         | 雞上脾<br>意粉<br>煮椰菜花                                                                   |                                                                                                                   |
| 星期二 10/13/26 | 菠菜同雜菜切達芝士煎蛋餅                                                                      | 豆腐蔬菜撈麵<br>炒洋蔥同甜椒                                                                   | 牛肉碎<br>孜然風味飯<br>煮椰菜花                                                                |                                                                                                                   |
| 星期三 10/14/26 | 秋天的早午餐 (9:00-10:30)<br>麥片、乳酪同黃桃<br>炒蛋<br>橙汁同咖啡                                    | 火雞肉、歐洲蘿蔔薯仔餡餅<br>糙米飯<br>西蘭花甜椒沙律                                                     | 火雞肉牧羊人派<br>自製薯蓉<br>煮紅蘿蔔                                                             |                                                                                                                   |
| 星期四 10/15/26 | 墨西哥風味炒蛋<br>全麥藍莓鬆餅                                                                 | 焗雞脾<br>焗蕃薯<br>黃瓜同番茄                                                                | 辣椒味素食三豆<br>白飯<br>焗西葫蘆                                                               | 菜單如有更改，恕不另行通知。                                                                                                    |
| 星期五 10/16/26 | 農場芝士<br>英式鬆餅<br>烱蛋                                                                | 焗三文魚<br>糙米飯<br>煮紅蘿蔔同四季豆                                                            | 焗魚配檸檬蒜蓉奶油醬汁<br>糙米飯<br>什錦蔬菜                                                          |                                                                                                                   |
| 星期一 10/19/26 | 牛油果<br>西南風味炒豆腐                                                                    | 焗魚配粟米薯仔醬<br>糙米<br>炒洋蔥同甜椒                                                           | 帕爾馬芝士焗雞肉<br>意粉<br>煮西蘭花                                                              |                                                                                                                   |
| 星期二 10/20/26 | 脫脂原味希臘乳酪<br>麥圈                                                                    | 芝士焗通粉<br>黑豆田園沙律<br>煮紅蘿蔔                                                            | 蒜香牛肉丸<br>糙米<br>炒洋蔥同甜椒                                                               |                                                                                                                   |

|                                                                                                                           | 早餐 9:00-9:45AM                                                                    | 午餐 12-1PM                                                                          | 晚餐 6-6:45PM                                                                         |                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                           |  |  |  | 早餐建議捐款<br><b>\$0.25</b> 美元。<br>午餐建議捐款<br><b>\$1.00</b> 美元。<br>晚餐建議捐<br>款 <b>\$1.00</b> 美元。如<br>果您無法做出貢<br>獻，您也不會被<br>拒絕用餐。 |
| 星期三<br>10/21/26                                                                                                           | 三文魚炒蛋配薯仔同豌豆                                                                       | 牛肉同西蘭花<br>糙米<br>中式白菜                                                               | 加州素食漢堡<br>紅豆加勒比風味飯<br>煮紅蘿蔔                                                          | 每天提供含 <b>1%</b> 牛<br>奶、人造黃油、<br>小麥麵包和新鮮<br>水果的膳食。                                                                          |
| 星期四<br>10/22/26                                                                                                           | 烱蛋<br>熱香餅                                                                         | 西南部扁豆湯<br>香芫青檸飯<br>羽衣甘藍配蕃茄                                                         | 白豆、羽衣甘藍同紅蘿蔔混合菜<br>黃米飯<br>煮四季豆                                                       |                                                                                                                            |
| 星期五<br>10/23/26                                                                                                           | 脫脂原味希臘乳酪<br>燕麥                                                                    | 燒排骨<br>紅豆加勒比風味飯<br>煮紅蘿蔔                                                            | 粗粒番茄醬焗魚<br>意粉<br>意大利混合蔬菜                                                            |                                                                                                                            |
| 星期一<br>10/26/26                                                                                                           | 牛油果<br>蝦炒蛋                                                                        | 照燒雞脾<br>糙米<br>意大利混合蔬菜                                                              | 炒雞肉條<br>西班牙風味糙米同豆<br>炒洋蔥同甜椒                                                         |                                                                                                                            |
| 星期二<br>10/27/26                                                                                                           | 肉桂法式多士<br>烱蛋                                                                      | 素肉丸<br>鷹嘴豆蓉<br>青瓜芹菜沙律                                                              | 辣椒肉醬<br>白飯<br>煮青豆                                                                   |                                                                                                                            |
| 星期三<br>10/28/26                                                                                                           | 墨西哥風味炒蛋<br>全穀物藍莓鬆餅                                                                | 小麥同雞肉<br>青瓜同鷹嘴豆沙律                                                                  | 蜜汁雞肉<br>珍珠麥<br>煮椰菜花                                                                 |                                                                                                                            |
| 星期四<br>10/29/26                                                                                                           | 脫脂原味希臘乳酪<br>提子乾麥片                                                                 | 焗魚配粟米薯仔醬<br>糙米<br>炒洋蔥同甜椒                                                           | 忌廉鹹豆薯仔咖喱<br>五彩糙米<br>加州混合蔬菜                                                          |                                                                                                                            |
| 星期五<br>10/30/26                                                                                                           | 迷你牛角包<br>炒蛋配三文魚<br>什錦水果<br>果汁                                                     | 漢堡包<br>自製牛肉堡<br>焗薯條<br>切片青瓜同蕃茄                                                     | 蒜蓉焗白魚<br>意粉<br>煮西蘭花同紅蘿蔔                                                             |                                                                                                                            |
| 大學睦鄰之家 鄰里老人活動中心 <b>189</b> 亞倫街。<br>有任何問題，請撥打 <b>212-473-8217</b><br><b>2026 年 10 月餐單</b><br>項目由紐約市老人局 <b>NYC Aging</b> 資助 |                                                                                   |                                                                                    |                                                                                     |                                                                                                                            |



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