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

	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM
Mon 11/2/26	Blueberry Whole Muffins Egg a la Mexicana	Roasted Turkey Maple Glaze Sandwich with Carrot & Apple Slaw and Spinach	Classic Chicken Cacciatore Pasta Steamed Broccoli
Tue 11/3/26	Non- Fat Plain Greek Yogurt Toasted Oats Cereal	Harvest Chicken Salad Wrap with Spring Mix & Shredded Carrots	Pepper Flank Steak Yellow Rice California Blend Vegetables
Wed 11/4/26	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 11/5/26	Avocado Scrambled Eggs with Swiss	Teriyaki Chicken Legs Brown Rice Broccoli and Red Pepper Salad	Chickpea Curry Medley Brown Rice Steamed Green Beans
Fri 11/6/26	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 (CENTER WILL CLOSE AT 2:00pm DINNER WILL BE SERVED AT 1:00pm)
Mon 11/9/26	Cinnamon French Toast Hard Boiled Egg	Classic Chicken Cacciatore Pasta Broccoli and Red peppers	Chicken Marsala Pasta Steamed Broccoli
Tue 11/10/26	Avocado Southwest Tofu Scramble	Baked Salmon Brown Rice Steamed carrots and Green Beans	Chicken & Beef Meatballs in Tomato Sauce Pasta Steamed Zucchini
Wed 11/11/26	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
Thu 11/12/26	Mini Croissant Scrambled Egg and Shrimp	Baked Falafel Balls Hummus Garden Salad	Tex Mex Veggie Burger Jeera Rice Steamed Carrots
Fri 11/13/26	Oatmeal Veggie Sausage Patty	BBQ Chicken Leg Quarters Baked Sweet potato Sauteed Kale and Broccoli with Sundried Tomatoes	Baked Swai Oreganata Confetti Brown Rice Steamed Zucchini
Mon 11/16/26	Hard Boiled Egg Pancakes	Homemade Beef Hamburger Baked Fries Hamburger bun Garden salad	Maple Dijon Chicken Thighs Brown Rice Steamed Broccoli
Tue 11/17/26	Corn Muffin Farina	Lentils of the Southwest Cilantro Lime Rice Broccoli and Red Pepper Salad	Swedish Meatballs with Beef and Turkey Pasta Steamed Carrots
Wed 11/18/26	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
Thu 11/19/26	Raisin Bran Cereal Whole Grain Banana Muffin	Pernil (Roasted Pork Shoulder) Dominican Moro Garden Salad	Cuban Black Bean Stew Yellow Rice Steamed Green Beans

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.

Suggested contribution $0.25

	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM
Fri 11/20/26	Mini Croissant Salmon Egg Frittata with potatoes and Peas	Cooked Shrimp Brown Rice Italian Cut Green Beans	Spanish Style Baked Swai Spanish Brown Rice and Beans Sauteed Onions and Peppers
Mon 11/23/26	Not-Fat Plain Greek Yogurt Toasted Oats Cereal	Pork Spare Ribs Dominican Moro Cucumber Dill Salad	Balsamic Chicken Thighs Pasta Steamed Cauliflower
Tue 11/24/26	Spinach, Vegetable, and Cheddar Frittata	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	Beef Keema Jeera Rice Steamed Broccoli
Wed 11/25/26	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 (CENTER WILL CLOSE AT 2:00pm DINNER WILL BE SERVED AT 1:00pm)
Thu 11/26/26		**Thanksgiving Center Closed**	
Fri 11/27/26		**Thanksgiving Center Closed**	
Mon 11/30/26	Avocado Southwest Tofu Scramble	Baked Fish with Corn and Potato Sauce Brown Rice Sauteed Onions and peppers	Chicken Parmesan Pasta Steamed Broccoli

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

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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.

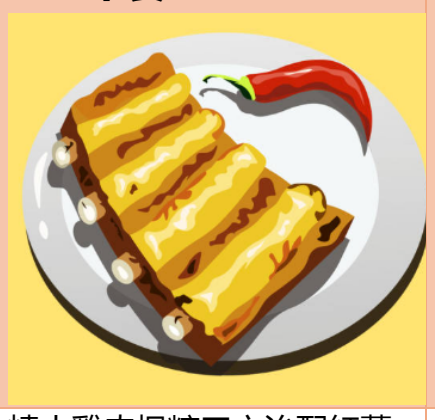
您的健康很重要!

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。

UNIVERSITY SETTLEMENT LEARN— OLDER ADULTS PROGRAM

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 **11** 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
			
星期一 11/2/26	藍莓鬆餅 墨西哥風味炒蛋	燒火雞肉楓糖三文治配紅蘿蔔蘋果沙律同菠菜	經典意式汁雞肉 意粉 煮西蘭花
星期二 11/3/26	脫脂原味希臘乳酪 燕麥圈	雞肉沙律卷配混合蔬菜同紅蘿蔔絲	胡椒牛扒 黃色米飯 加州混合蔬菜
星期三 11/4/26	粟米鬆餅 小麥糊	燒排骨 多米尼加風味飯 小紅蘿蔔同芫茜 青瓜香草沙律	焗面包糠鸡扒 加勒比風味飯 蒜蓉蘭豆
星期四 11/5/26	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 11/6/26	農場芝士 英式鬆餅	烚蛋 蔬菜撈麵配豆腐 蘑菇炒白菜	糖醋焗魚 炒糙米飯 煮紅蘿蔔 (中心將於 2 點關閉；晚餐將於 1 點供應.)
星期一 11/9/26	肉桂法式多士 烚蛋	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 11/10/26	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 煮西蘭花
星期三 11/11/26	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
星期四 11/12/26	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 孜然籽飯 煮紅蘿蔔
星期五 11/13/26	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	牛至焗魚 五彩糙米 煮西蘭花
星期一 11/16/26	烚蛋 熱香餅	自製漢堡牛肉 薯條 漢堡包 田園沙律	楓糖芥末雞扒 糙米 煮西蘭花
星期二 11/17/26	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	瑞典風味牛肉火雞肉丸 意粉 煮紅蘿蔔
星期三 11/18/26	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	亞洲風味蜜汁雞肉 炒糙米飯 蒜蓉蘭豆
星期四 11/19/26	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	古巴黑豆醬 黃色米飯 煮豆仔

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。

從 **2026** 年 **4** 月 **7** 日起，**189 Allen** 街的晚餐時間將恢復為 **6:00-6:45**。

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	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM
星期五 11/20/26	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	西班牙式焗魚 西班牙糙米同豆 炒洋蔥同甜椒
星期一 11/23/26	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	香醋雞扒 意粉 煮椰菜花
星期二 11/24/26	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 11/25/26	肉桂法式多士 烚蛋	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 (中心將於 2 點關閉；晚餐將於 1 點供應.)
星期四 11/26/26		**感恩節中心休息**	
星期五 11/27/26		**感恩節中心休息**	
星期一 11/30/26	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

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