

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



	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 6-6:45PM	<p>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.</p> <p>**Daily menu is subject to change without notice.</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>
				
Mon 12/1/25	Avocado Southwest Tofu Scramble	Beef and Broccoli Chinese Style Bok Choy	Beef Salisbury Steak Mashed Potatoes Mixed Green Salad	
Tue 12/2/25	Non-Fat Greek Yogurt Raisin Bran Cereal	Pork Spareribs Dominican Moro Sliced Cucumbers and Tomatoes	General Tso's Tofu Vegetable Lo Mein Broccoli with Toasted Garlic	
Wed 12/3/25	Mini Croissant Scrambled Egg and Shimp	Baked Ziti with Cheese Garden Salad Steamed Carrots and Green Beans	Chicken Caprese Spaghetti Baby Spinach Salad with Lemon Vinaigrette	
Thur 12/4/25	Cinnamon French Toast Hard Boiled Egg	Lentils of the Southwest Cilantro Lime Rice Kale with Tomato	Stewed pork Chops Cuban Black Beans Perfect White Rice Italian Blend Vegetables	
Fri 12/5/25	Oatmeal Veggie Sausage Patty	Baked Fish Caribbean Rice and Red beans Broccoli and Red Peppers Mixed green Salad	Homemade Coconut Breaded Fish Beet Salad Smashed Red Potatoes	
Mon 12/8/25	Blueberry Muffins Egg a La Mexicana	Cooked Shrimp and Brown Rice Kale with Tomato Sauteed Broccoli with Mushrooms and Pearl Onions	Sesame Orange Chicken Chinese Style Spaghetti Asian Cucumber Salad	
Tue 12/9/25	Cottage Cheese English Muffin Hard Boiled Egg	Lentils of the Southwest Cilantro Lime Rice Italian cut Green Beans	Dominican Vegan Sancocho Beet Salad Mixed Green Salad	
Wed 12/10/25	Corn Muffin Farina	Homemade Beef Hamburger Hamburger Bun Baked Fries Garden Salad	Spanish Style Roast Pork Brown Rice Italian Blend Vegetables	
Thur 12/11/25	Non-Fat Plain Greek Yogurt Toasted Oats Cereal	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers Sauteed Mushrooms, Peppers and Onions	Baked Chicken Breasts Rice Pilaf California Blend Vegetables Sweet Baked Yams	
Fri 12/12/25	Avocado Scrambled Eggs with Swiss Mini Bagel	Arroz Con Pollo California Blend Vegetables Cucumber Dill Salad	Mango-Licious Fish Garlic Mashed Potatoes Sauteed Spinach	
Mon 12/15/25	Corn Muffin Farina	Cooked Shrimp and Brown Rice Kale with Tomato	Baked Mushroom Chicken Perfect White Rice Broccoli with Toasted Garlic	
Tue 12/16/25	Avocado Scrambled Eggs with Red Peppers and Onions	Lentils of the Southwest Cilantro Lime Rice Italian Cut Green Beans	Eggplant Parmesan with Creamy Cashew Ricotta Spaghetti Classic Garlic Bread Sauteed Spinach	
Wed 12/17/25	Cottage Cheese Oatmeal	Pork Spareribs Dominican Moro Baby carrots with Parsley Cucumber Dill Salad	Beef Meatloaf Smashed Red Potatoes Sauteed String beans	
Thur 12/18/25	Hard Boiled Egg Pancakes	Teriyaki Chicken Legs Brown Rice Broccoli and Red Peppers Sauteed Spinach	Arroz con Pollo Chicken Breast and Rice Tossed Salad with Dressing	
Fri 12/19/25	Scrambled Eggs with Swiss	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	Baked Salmon Baked Potato Roasted Broccoli	

	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.
				
Mon 12/22/25	Cinnamon French Toast Hard Boiled Egg	Beef Meatballs in Tomato Sauce Spaghetti Garden Salad	Baked Breaded Chicken Cutlet Roasted Potatoes Sauteed Spinach	
Tue 12/23/25	Mini Croissant Salmon Egg Frittata with Potatoes and Peas	BBQ Chicken Leg Quarters Baked Sweet Potato Sauteed Kale and Broccoli with Sundried Tomatoes	Chipotle Bean and Veggie Chili Brown Rice Garden Salad Italian Blend Vegetables	**Daily menu is subject to change without notice.
Wed 12/24/25	Oatmeal Veggie Sausage Patty	Lentils of the Southwest Cilantro Lime Rice Sauteed Onions and Peppers	Deluxe Cheeseburger with Onions Hamburger Bun Cole Slaw (Dinner Time 3:30pm)	Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit.
Thur 12/25/25	 CHRISTMAS DAY CENTER CLOSED			
Fri 12/26/25	 CENTER CLOSED			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.
12/29/25	Corn Muffin Farina	Homemade Beef Hamburger Hamburger Bun Baked Fries Garden Salad	Chicken Fajitas Yellow Rice Broccoli and Red peppers Cole Slaw	
12/30/25	Mini Croissant Scrambled Egg and shrimp	BBQ Chicken Breasts Roasted Potatoes Italian Blend Vegetables	Eggplant Parmesan with creamy Cashew Ricotta Bowtie Pasta Sauteed Spinach	
12/31/25	Non-Fat Plain Greek Yogurt Raisin Bran Cereal	Cooked Shrimp Brown Rice Cucumber Dill Salad Sauteed Spinach and Tomatoes	Baked Pork Chops Brown Rice with Black Beans Garden Salad (Dinner Time 3:30pm)	

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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!

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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 12 月餐單

項目由紐約市老人局 NYC Aging 資助



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SETTLEMENT

	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM	
				<p>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。</p> <p>每天提供含 1% 牛奶、人造黃油、小麥麵包和新鮮水果的膳食。</p>
星期一 12/1/25	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	
星期二 12/2/25	脫脂希臘乳酪 葡萄乾麥片	燒排骨 多米尼加飯 青瓜片蕃茄	左宗棠豆腐 蔬菜撈麵 焗蒜蓉西蘭花	
星期三 12/3/25	迷你牛角包 蝦炒蛋	焗芝士通粉 田園沙律 蒸紅蘿蔔同青豆	卡普雷塞芝士雞肉 天使面 嫩菠菜沙律配檸檬油醋汁	
星期四 12/4/25	肉桂法式多士 烩蛋	西南風味扁豆 蕃茜青檸飯	焗豬扒配古巴黑豆 白飯 意式雜菜	
星期五 12/5/25	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	自製椰香炸魚 甜菜沙律 薯蓉	
星期一 12/8/25	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	芝麻香橙雞粒 中式意大利麵 中式拍黃瓜	
星期二 12/9/25	農場芝士 英式鬆餅 烩蛋	西南風味扁豆 芫茜青檸飯 意式青豆	多米尼加根類蔬菜湯 甜菜沙律 雜菜沙律	
星期三 12/10/25	粟米鬆餅 粟米糊	自製牛肉漢堡 漢堡包 薯條 田園沙律	西班牙風味燒豬肉 糙米 意大利混合蔬菜	
星期四 12/11/25	希臘酸奶 燕麥圈	照燒雞脾 糙米飯 西蘭花紅椒 炒蘑菇、辣椒同洋蔥	焗雞胸肉 白米飯 加州混合蔬菜 焗甜薯	
星期五 12/12/25	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	
星期一 12/15/25	粟米鬆餅 粟米糊	煮蝦同糙米飯 番茄羽衣甘藍	焗雞肉蘑菇 白米飯 蒜香西蘭花	
星期二 12/16/25	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	帕瑪森芝士茄子配軟滑腰果芝士醬 天使麵 蒜蓉麵包 炒菠菜	
星期三 12/17/25	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	牛肉餅 紅薯蓉 炒四季豆	
星期四 12/18/25	烩蛋 燕麥	照燒雞脾 糙米飯 西蘭花同紅椒	雞胸肉同米飯 蔬菜沙律配醬汁	

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。

	早餐 9:00-9:45AM	午餐 12-1PM	晚餐 6-6:45PM	炒菠菜	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。	
星期五 12/19/25					<p>每天提供含 1% 牛奶、人 造黃油、小麥 麵包和新鮮水 果的膳食。</p> <p>菜單如有更 改，恕不另行 通知。</p> <p>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。</p>	
星期一 12/22/25	肉桂法式多士 烩蛋	蕃茄醬牛肉丸 天使面 田園沙律	炸雞扒 焗薯仔 炒菠菜			
星期二 12/23/25	迷你牛角包 三文魚、薯仔、豌豆煎蛋角	燒烤大雞 焗紅薯 炒甘藍同西蘭花配乾蕃茄	墨西哥風味辣豆伴雜菜 糙米 田園沙律 意大利混合蔬菜			
星期三 12/24/25	燕麥 素香腸餅	西南部風味扁豆 蕃茜青檸飯 炒洋蔥同甜椒	洋蔥芝士漢堡 漢堡包 菜絲沙律 (派晚餐時間: 中午 3:30)			
星期四 12/25/25	 聖誕節 中心休息					
星期五 12/26/25	 中心休息					
星期一 12/29/25	粟米鬆餅 粟米糊	自製牛肉漢堡 焗薯條 漢堡包 田園沙律	墨西哥雞肉卷 黃米飯 西蘭花同紅椒 菜絲沙律			
星期二 12/30/25	迷你牛角包 蝦炒蛋	燒烤雞胸肉 焗薯仔 意大利混合蔬菜	帕瑪森芝士茄子配軟滑腰果芝士 醬 蝴蝶結意粉 炒菠菜			
星期三 12/31/25	脫脂希臘乳酪 葡萄乾麥片	蝦同糙米 青瓜芹菜沙律 炒菠菜同蕃茄	焗豬扒 黑豆糙米飯 田園沙律 (派晚餐時間: 中午 3:30)			

大學睦鄰之家 鄰里老人活動中心 **189** 亞倫街。
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