

**UNIVERSITY SETTLEMENT OF NEW YORK
 NEIGHBORHOOD CENTER 189 ALLEN ST 212-473-8217
 DINNER MENU SEPTEMBER 2024**

Funded by NYC Aging

SUGGESTED CONTRIBUTION \$1.00

YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE MENU

SUBJECT TO CHANGE WITHOUT NOTICE



Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6	<p>MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHOLE WHEAT BREAD, AND FRESH FRUIT DAILY</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>
CENTER CLOSED	Baked Ziti With Turkey (Dairy-Free) Italian Blend Vegetables; Refreshing Chickpea Salad with Dil	Chicken Parmesan Bowtie Pasta Mixed Green Salad	Beef Brisket with Tomatoes and Onions Egg Noodles; Whole Wheat Dinner Roll; Garden Salad	Fish Curry with Tomato Sauce; Brown Rice; Broccoli with Toasted Garlic	
9	10	11	12	13	
Dominican Vegan Sancocho (Root Vegetable Stew), Caribbean Rice & Red Beans; Adobo Spiced Cauliflower, Zucchini, and Carrots	Turkey Tacos Cumin Spiced Quinoa with Black Beans and Veggies; Broccoli and Red Peppers	Classic Chicken Cacciatore; Spaghetti; Sauteed Mushrooms, Peppers, and Onions	Spanish Style Roast Pork; Cilantro Lime Brown Rice Sauteed Mushrooms, Peppers, and Onions	Salmon in Garlic Butter Sauce; Couscous with Peas and Lemon Cucumber Dill Salad	
16	17	18	19	20	
Eggplant Parmesan with Creamy Cashew Ricotta; Whole Wheat Pasta Primavera; Carrot Apple Raisin Salad	Fish with Mushrooms, Peppers, and Tomatoes; Brown Rice with mushrooms Baby Carrots with Parsley	Beef Meatballs in Tomato Sauce; Whole Wheat Pasta; Garden Salad	Pork Spare Ribs; Multigrain Bread; Broccoli & Red Pepper Salad; Parmesan Rosemary Mashed Potatoes	BBQ Chicken Breasts; Baked Macaroni & Cheese; Garden Salad; Roasted Broccoli	
23	24	25	26	27	
A nice vegetable soup; Whole wheat Quesadillas with Cheddar, Black Beans & Vegetables	Chicken Breast with mushrooms & Peppers; Bowtie Pasta; Garden Salad	Salmon Salad; Aromatic Veggie Brown Rice Biryani with Chickpeas; Vegetable Mix (non-starchy)	Beef and Cheese Lasagna; Whole wheat Dinner Roll; Garden Salad	Chicken Tikka Masala; Brown Rice; Mexican Corn Confetti Salad; Sauteed Sweet Potatoes	
30					
Latin Sweet Potto & Red Bean Chili; Zucchini Brown Rice Pilaf; Carrot Apple Raisin Salad					