

**UNIVERSITY SETTLEMENT OF NEW YORK
 NEIGHBORHOOD CENTER 189 ALLEN ST 212-473-8217
 LUNCH 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	Turkey Tacos; Whole Grain Yellow Corn Tortillas; Cucumber Salad; Mixed Green Salad	Beef and Broccoli; Brown Rice; Chinese Style Bok Choy	Pernil (Roasted Pork Shoulder); Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas); Mex Green Salad; Sautéed Onions and Peppers	Lentils of the Southwest; Cilantro Lime Rice; Broccoli & Red Peppers; Italian Cut Green Beans	
9	10	11	12	13	
Chicken Stir Fry with Vegetables; Rice Congee; Chinese Style Bok Choy	Turkey Tacos; Whole Grain Yellow Corn Tortillas; Cucumber Salad; Mixed Green Salad	Pork Spare Ribs; Dominican Moro; Sautéed Spinach and Tomatoes	Cuban Black Beans; Cilantro Lime Rice; Broccoli & Red Peppers	Vegetable Lo Mein with Crispy Tofu; Sautéed Spinach and Tomatoes	
16	17	18	19	20	
Baked Pork Chops; Baked Sweet Potato; Peppers and Onions	Turkey Tacos; Whole Grain Yellow Corn Tortillas; Cucumber Salad; Mixed Green Salad	BBQ Chicken Breasts; Baked Potato; California Blended Vegetables; Italian Cut Green Beans	Lentils of the Southwest; Cilantro Lime Rice; Broccoli & Red Peppers; Steamed Carrots & Green Beans	Beef and Broccoli; Brown Rice; Chinese Style Bok Choy	
23	24	25	26	27	
Vegetable Lo Mein with Crispy Tofu; Peppers and Onions	Lentils of the Southwest; Cilantro Lime Rice; Italian Cut Green Beans	Pork Spare Ribs; Dominican Moro; Kale with Tomato; Steamed Broccoli	Arroz con Pollo Chicken Breast and Rice; Baby Carrots and Parsley; Sautéed Spinach & Tomatoes	BBQ Chicken Leg Quarters; Baked Potato; Garden Salad	
30					
Latin Sweet Potato and Red Bean Chili Zucchini Brown Rice Pilaf Carrot Apple Raisin Salad					