

UNIVERSITY SETTLEMENT
NEIGHBORHOOD CENTER 189 ALLEN ST
212-473-8217 FUNDED BY NYC AGING
BREAKFAST MENU November 2024

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	
				MINI CROISSANT SCRAMBLED EGGS WITH RED PEPPERS AND ONIONS	¹ MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.
HARD BOILED EGG PANCAKES ⁴	COTTAGE CHEESE OATMEAL ⁵	CHEERIOS LOW-FAT YOGURT ⁶	SCRAMBLED EGGS WITH RED PEPPERS AND ONIONS ⁷	CINNAMON FRENCH TOAST HARD BOILED EGG ⁸	
VEGGIE SAUSAGE PATTY BLUEBERRY MUFFIN ¹¹	SCRAMBLED EGGS WITH SWISS ¹²	ENGLISH MUFFIN HOMEMADE TURKEY BREAKFAST SAUSAGE PATTY ¹³	HARD BOILED EGG OATMEAL ¹⁴	BRAN FLAKES CEREAL LOW-FAT YOGURT ¹⁵	
SWEET AND SPICY VEGAN CHORIZO MINI BAGEL ¹⁸	CHEERIOS HARD BOILED EGG ¹⁹	SCRAMBLED EGGS WITH RED PEPPERS AND ONIONS MINI BAGEL ²⁰	CHEESE PIEROGI COTTAGE CHEESE ²¹	HARD BOILED EGG VEGGIE SAUSAGE PATTY ²²	
HARD BOILED EGG PANCAKES ²⁵	LOW- FAT YOGURT SWEET AND SPICY VEGAN CHORIZO ²⁶	CORN MUFFIN RAISIN BRAN CEREAL ²⁷	CENTER CLOSED ²⁸	CENTER CLOSED ²⁹	