

UNIVERSITY SETTLEMENT
NEIGHBORHOOD CENTER 189 ALLEN ST
212-473-8217 FUNDED BY NYC AGING
DINNER 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	
				1	MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
25	26	27	28	29	
A NICE VEGETABLE SOUP WHOLE WHEAT QUESADILLAS WITH CHEDDAR, BLACK BEANS, AND VEGETABLES ITALIAN BLEND VEGETABLES	CHICKEN BREAST WITH MUSHROOMS AND PEPPERS BOWTIE PASTA GARDEN SALAD	SALMON SALAD AROMATIC VEGGIE BROWN RICE BIRYANI WITH CHICKPEAS VEGETABLES MIX	BEEF AND CHEESE LASAGNA DINNER ROLL GARDEN SALAD	BBQ CHICKEN BREASTS BAKED MACARONI AND CHEESE GARDEN SALAD ROASTED BROCCOLI	
LATIN SWEET POTATO AND RED BEAN CHILI ZUCCHINI BROWN RICE PILAF CARROT APPLE RAISIN SALAD	BBQ CHICKEN BREASTS ADOBO SPICED CAULIFLOWER, ZUCCHINI, AND CARROTS	BEEF SALISBURY STEAK WITH MUSHROOM SAUCE WHITE RICE GARDEN SALAD ROASTED BROCCOLI	CHICKEN ALFREDO PENNE DINNER ROLL CALIFORNIA BLEND VEGETABLES GARDEN SALAD	CHICKEN TIKKA MASALA BROWN RICE MEXICAN CORN CONFETTI SALAD SAUTEED SWEET POTATOES	
A NICE VEGETABLE SOUP RED LENTIL PASTA WITH FIRE ROASTED TOMATO SAUCE BROCCOLI AND RED PEPPER SALAD	BEEF SLOPPY JOE WITH BUN BOWTIE PASTA SKILLET ZUCCHINI, CORN, PEPPERS, AND TOMATOES	TURKEY SALISBURY STEAK WITH MUSHROOM GRAVY BUCKWHEAT WITH MUSHROOMS ROMAINE, CARROT, BEET, AND CHICKPEA SALAD	ZITI WITH CHICKEN, TOMATO AND ROSEMARY CUCUMBER AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE ITALIAN BLEND VEGETABLES	BAKED SALMON WITH CILANTRO CITRUS SAUCE ORZO BROCCOLI AND RED PEPPER SALAD	
CUBAN STYLE SPLIT PEA SOUP SOUTHERN ITALIAN TOFU PARMIGIANA PASTA CUCUMBER DILL SALAD	BAKED ZITI WITH TURKEY ITALIAN BLEND VEGETABLES CHICKPEA SALAD WITH DILL	CHICKEN PARMESAN BOWTIE PASTA MIXED GREEN SALAD	CENTER CLOSED	CENTER CLOSED	