

**UNIVERSITY SETTLEMENT
 NEIGHBORHOOD CENTER 189 ALLEN ST
 212-473-8217 FUNDED BY NYC AGING
 LUNCH 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 ARROZ CON POLLO CHICKEN BREAST AND RICE CALIFORNIA BLEND VEGETABLES CUCUMBER DILL SALAD | MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE. |
| 4 VEGETABLE LO MEIN WITH CRISPY TOFU SAUTEED ONIONS AND PEPPERS | 5 LENTILS OF THE SOUTHWEST CILANTRO LIME RICE ITALIAN CUT GREEN BEANS | 6 PORK SPARE RIBS DOMINICAN MORO KALE WITH TOMATO STEAMED BROCCOLI | 7 ARROZ CON POLLO CHICKEN BREAST AND RICE BABY CARROTS WITH PARSLEY SAUTEED SPINACH | 8 COOKED SHRIMP AND BROWN RICE KALE WITH TOMATO SAUTEED MUSHROOMS, PEPPERS, AND ONIONS | |
| 11 BAKED PORK CHOPS CUBAN BLACK BEANS AND BROWN RICE BROCCOLI AND RED PEPPERS | 12 CHICKEN AND BROCCOLI STIR FRY VEGETABLE LO MEIN MIXED GREEN SALAD | 13 BAKED FALAFEL BALLS RICE WITH VEGETABLES KALE WITH TOMATO SLICED CUCUMBERS AND TOMATOES | 14 BBQ CHICKEN BREASTS ROASTED POTATOES CUCUMBER DILL SALAD ITALIAN BLEND VEGETABLES | 15 BAKED FISH BLACK BEANS AND RICE BROCCOLI AND RED PEPPERS MIXED GREEN SALAD | |
| 18 ROASTED CHICKEN LEGS BLACK BEANS AND RICE ITALIAN CUT GREEN BEANS STEAMED BROCCOLI | 19 COOKED SHRIMP AND BROWN RICE CUCUMBER DILL SALAD SAUTEED SPINACH AND TOMATOES | 20 BEEF AND BROCCOLI CHINESE STYLE BOK CHOY | 21 LEMON GARLIC BAKED FISH ROASTED POTATOES SAUTEED KALE AND BROCCOLI WITH SUNDRIED TOMATOES | 22 CUBAN BLACK BEANS AND BROWN RICE BABY CARROTS WITH PARSLEY MIXED GREEN SALAD | |
| 25 BAKED PORK CHOPS RICE WITH VEGETABLES ROASTED PEPPERS | 26 CALIFORNIA VEGGIE BURGER CUCUMBER DILL SALAD MIXED GREEN SALAD | 27 PERNIL DOMINICAN MORO ITALIAN CUT GREEN BEANS | 28 CENTER CLOSED | 29 CENTER CLOSED | |