

**UNIVERSITY SETTLEMENT
NEIGHBORHOOD CENTER 189 ALLEN
ST
212-473-8217 FUNDED BY NYC AGING
DINNER MENU DECEMBER 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	
DOMINICAN VEGAN SANCOCHO CARIBBEAN RICE AND RED BEANS SPICED CAULIFLOWER, ZUCCHINI, AND YELLOW PLANTAINS ²	TURKEY TACOS CUMIN-SPICED QUINOA WITH BLACK BEANS AND CORN BROCCOLI AND RED PEPPERS ³	CLASSIC CHICKEN CACCIATORE SPAGHETTI SAUTEED MUSHROOMS, PEPPERS, AND ONIONS ⁴	SPANISH STYLE ROAST PORK CILANTRO LIME BROWN RICE DINNER ROLL VEGETABLE MIX ⁵	SALMON IN GARLIC BUTTER SAUCE COUSCOUS WITH PEAS AND LEMON CUCUMBER DILL SALAD ⁶	MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.
EGGPLANT PARMESAN WITH CREAMY CASHEW RICOTTA PASTA PRIMAVERA CARROT APPLE RAISIN SALAD ⁹	FISH WITH MUSHROOMS, PEPPERS, AND TOMATOES BROWN RICE WITH MUSHROOMS BABY CARROTS WITH PARSLEY ¹⁰	BEEF MEATBALLS IN TOMATO SAUCE PASTA GARDEN SALAD ¹¹	PORK SPARE RIBS BROCCOLI AND RED PEPPER SALAD PARMESAN ROSEMARY MASHED POTATOES ¹²	BBQ CHICKEN BREASTS BAKED MACARONI AND CHEESE GARDEN SALAD ROASTED BROCCOLI ¹³	
A NICE VEGETABLE SOUP WHOLE WHEAT QUESADILLAS WITH CHEDDAR, BLACK BEANS, AND VEGETABLES ITALIAN BLEND VEGETABLES ¹⁶	CHICKEN BREAST WITH MUSHROOMS AND PEPPERS BOWTIE PASTA GARDEN SALAD ¹⁷	SALMON SALAD AROMATIC VEGGIE BROWN RICE BIRYANI WITH CHICKPEAS VEGETABLES MIX ¹⁸	BEEF AND CHEESE LASAGNA DINNER ROLL GARDEN SALAD ¹⁹	CHICKEN TIKKA MASALA BROWN RICE MEXICAN CORN CONFETTI SALAD SAUTEED SWEET POTATOES ²⁰	
LATIN SWEET POTATO AND RED BEAN CHILI ZUCCHINI BROWN RICE PILAF CARROT APPLE RAISIN SALAD ²³	CENTER CLOSED ²⁴	CENTER CLOSED ²⁵	CHICKEN ALFREDO PENNE DINNER ROLL CALIFORNIA BLEND VEGETABLES GARDEN SALAD ²⁶	BAKED SALMON WITH CILANTRO CITRUS SAUCE ORZO BROCCOLI AND RED PEPPER SALAD ²⁷	
A NICE VEGETABLE SOUP RED LENTIL PASTA WITH FIRE ROASTED TOMATO SAUCE BROCCOLI AND RED PEPPER SALAD ³⁰	BEEF SLOPPY JOE WITH BUN BOWTIE PASTA SKILLET ZUCCHINI, CORN, PEPPERS, AND TOMATOES ³¹				