

**UNIVERSITY SETTLEMENT
NEIGHBORHOOD CENTER 189 ALLEN
ST
212-473-8217 FUNDED BY NYC AGING
LUNCH 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	
COOKED SHRIMP SHRIMP AND BROWN RICE CUCUMBER DILL SALAD STEAMED BROCCOLI ²	VEGETABLE LO MEIN WITH CRISPY TOFU SAUTEED SPINACH AND TOMATOES ³	CHICKEN STIR FRY WITH VEGETABLES MIXED GREEN SALAD SAUTEED BOK CHOY ⁴	ROASTED CHICKEN LEGS BAKED SWEET POTATO ITALIAN BLEND VEGETABLES ⁵	PORK SPARE RIBS DOMINICAN MORO STEAMED BROCCOLI STEAMED KALE ⁶	MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.
BEEF AND BROCCOLI BROWN RICE CHINESE STYLE BOK CHOY ⁹	LENTILS OF THE SOUTHWEST CILANTRO LIME RICE STEAMED BROCCOLI STEAMED KALE ¹⁰	PERNIL CUBAN BLACK BEANS AND BROWN RICE BABY CARROTS WITH PARSLEY MIXED GREEN SALAD ¹¹	BBQ CHICKEN BREASTS BAKED SWEET POTATO ITALIAN CUT GREEN BEANS ¹²	ARROZ CON POLLO CHICKEN BREAST AND RICE CALIFORNIA BLEND VEGETABLES CUCUMBER DILL SALAD ¹³	
VEGETABLE LO MEIN WITH CRISPY TOFU SAUTEED ONIONS AND PEPPERS ¹⁶	LENTILS OF THE SOUTHWEST CILANTRO LIME RICE ITALIAN CUT GREEN BEANS ¹⁷	PORK SPARE RIBS DOMINICAN MORO KALE WITH TOMATO STEAMED BROCCOLI ¹⁸	ARROZ CON POLLO CHICKEN BREAST AND RICE BABY CARROTS WITH PARSLEY SAUTEED SPINACH ¹⁹	COOKED SHRIMP AND BROWN RICE KALE WITH TOMATO SAUTEED MUSHROOMS, PEPPERS, AND ONIONS ²⁰	
BAKED PORK CHOPS CUBAN BLACK BEANS AND BROWN RICE BROCCOLI AND RED PEPPERS ²³	CENTER CLOSED ²⁴	CENTER CLOSED ²⁵	BBQ CHICKEN BREASTS ROASTED POTATOES CUCUMBER DILL SALAD ITALIAN BLEND VEGETABLES ²⁶	BAKED FISH BLACK BEANS AND RICE BROCCOLI AND RED PEPPERS MIXED GREEN SALAD ²⁷	
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ROASTED CHICKEN LEGS
BLACK BEANS AND RICE
ITALIAN CUT GREEN
BEANS
STEAMED BROCCOLI

COOKED SHRIMP AND
BROWN RICE
CUCUMBER DILL SALAD
SAUTEED SPINACH AND
TOMATOES