

**UNIVERSITY SETTLEMENT**  
**NEIGHBORHOOD CENTER 189 ALLEN ST**  
**212-473-8217 FUNDED BY NYC AGING**  
**BREAKFAST 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	
LOW-FAT YOGURT TOASTED OATS CEREAL <sup>2</sup>	HARD BOILED EGG PANCAKES <sup>3</sup>	OATMEAL VEGGIE SAUSAGE PATTY <sup>4</sup>	SCRAMBLED EGGS WITH RED PEPPERS AND ONIONS <sup>5</sup>	COTTAGE CHEESE ENGLISH MUFFIN HARD BOILED EGG <sup>6</sup>	<p><b>MEALS ARE SERVED WITH 1% MILK, MARGARINE, WHEAT BREAD, AND FRESH FRUIT DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b></p>
SWEET AND SPICY VEGAN CHORIZO BLUEBERRY MUFFIN <sup>9</sup>	CORN MUFFIN FARINA <sup>10</sup>	LOW-FAT YOGURT RAISIN BRAN CEREAL <sup>11</sup>	SOUTHWEST TOFU SCRAMBLE <sup>12</sup>	MINI CROISSANT SCRAMBLED EGGS WITH RED PEPPERS AND ONIONS <sup>13</sup>	
HARD BOILED EGG PANCAKES <sup>16</sup>	COTTAGE CHEESE OATMEAL <sup>17</sup>	CHEERIOS LOW-FAT YOGURT <sup>18</sup>	SCRAMBLED EGGS WITH RED PEPPERS AND ONIONS <sup>19</sup>	CINNAMON FRENCH TOAST HARD BOILED EGG <sup>20</sup>	
VEGGIE SAUSAGE PATTY BLUEBERRY MUFFIN <sup>23</sup>	<b>CENTER CLOSED</b> <sup>24</sup>	<b>CENTER CLOSED</b> <sup>25</sup>	HARD BOILED EGG OATMEAL <sup>26</sup>	BRAN FLAKES CEREAL LOW-FAT YOGURT <sup>27</sup>	
SWEET AND SPICY VEGAN CHORIZO MINI BAGEL <sup>30</sup>	CHEERIOS HARD BOILED EGG <sup>31</sup>				