




# University Settlement

Older Adults Center Neighborhood Center at 189 Allen St, NY, 10002

**FEBURARY 2025 Menu. 212-473-8217. Funded by NYC Aging**



	<b>BREAKFAST 9:00-9:45AM</b>	<b>LUNCH 12-1PM</b>	<b>DINNER 4-5PM</b>	
				<p><b>Suggested contribution</b>  <b>\$0.25</b> for breakfast, and  <b>\$1.00</b> for lunch and dinner respectively.</p>
<b>Mon 2/3/25</b>	Veggie Sausage Patty (pre-prepared) Whole Grain Blueberry Muffin	Baked Pork Chops Cuban Black Beans and Brown Rice Broccoli and Red Peppers	Latin Sweet Potato and Red Bean Chili Zucchini Brown Rice Pilaf Carrot Apple Raisin Salad	<p><b>YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE</b></p> <p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p> <p><b>Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit. Daily menu subject to change without notice.</b></p> <p>For breakfast and dinner, you can come and get the meal in a line. Lunch needs a ticket obtained before or during the lunch hour in order to get the meal.</p>
<b>Tues 2/4/25</b>	Avocado (Garnish) Scrambled Eggs with Swiss	Chicken and Broccoli Stir Fry Vegetable Lo Mein Mixed Green Salad	BBQ Chicken Breasts Adobo Spiced Cauliflower, Zucchini, and Carrots	
<b>Wed 2/5/25</b>	English Muffin Homemade Turkey Breakfast Sausage Patty	Baked Falafel Balls Rice with Vegetables Kale with Tomato Sliced Cucumbers and Tomatoes	Beef Salisbury Steak with Mushroom Sauce White Rice Garden Salad, Roasted Broccoli	
<b>Thur 2/6/25</b>	Hard Boiled Egg Oatmeal (1 cup)	BBQ Chicken Breasts Roasted Potatoes Cucumber Dill Sald Italian Blend Vegetables	Chicken Alfredo Penne Whole Wheat Dinner Roll California Blend Vegetables Garden Salad	
<b>Fri 2/7/25</b>	Bran Flakes Cereal Plain Low-Fat Yogurt	Baked Fish Black Beans and Rice Broccoli and Red Peppers Mixed Green Salad	Baked Salmon with Cilantro Citrus Sauce Orzo Broccoli and Red Pepper Salad	
<b>Mon 2/10/25</b>	Sweet and Spicy Vegan Chorizo Whole Wheat Mini Bagel	Roasted Chicken Legs Black Beans and Rice Italian Cut Green Beans Steamed Broccoli	A Nice Vegetable Soup Red Lentil Pasta with Fire Roasted Tomato Sauce Broccoli and Red Pepper Salad	
<b>Tues 2/11/25</b>	Cheerios Hard boiled Egg	Cooked Shrimp and Brown Rice Cucumber Dill Salad Sauteed Spinach and Tomatoes	Beef Sloppy Joe (WW bun included) Bowtie Pasta (1/2 cup) Skillet Zucchini, Corn, Peppers, and Tomatoes	
<b>Wed 2/12/25</b>	Scrambled Eggs with Red Peppers and Onions Whole Wheat Mini Bagel	Beef and Broccoli Chinese Style Bok Choy	Turkey Salisbury Steak with Mushroom Gravy Buckwheat with Mushrooms Romaine, Carrot, Beet and Chickpea Salad	
<b>Thur 2/13/25</b>	Cheese Pierogi Cottage Cheese	Lemon Garlic Baked Fish Roasted Potatoes Sauteed Kale and Broccoli with Sundried Tomatoes	Whole wheat ziti with chicken, tomato and rosemary Cucumber and Tomato salad with balsamic vinaigrette Italian blend vegetables	
<b>Fri 2/14/25</b>	Hard Boiled Egg Vegie Sausage Patty	Cuban Black Beans and Brown Rice Baby carrots with parsley Mixed Green salad	BBQ Chicken leg quarters Yellow Rice Leafy green salad with apples	
<b>Mon 2/17/25</b>				
<b>Tues 2/18/25</b>	Plain Low-fat Yogurt Sweet and Spicy Vegan Chorizo	California Veggie Burger Cucumber Dill Salad Mixed Green salad	Baked ziti with Turkey (Dairy-free) Italian Blend vegetables Refreshing Chickpea salad with dill	
<b>Wed 2/19/25</b>	Corn Muffin Raisin Bran Cereal	Pernil (Roasted Pork Shoulder) Dominican Moro Italian Cut green beans	Chicken parmesan Bowtie Pasta (1/2 cup) Mixed Green salad	
<b>Thur 2/20/25</b>	Mini Croissant Southwest Tofu Scramble	Lentils of the southwest Cilantro lime brown rice Steamed broccoli and/or kale	Beef brisket with tomatoes & onions Egg noodles; Garden salad	
<b>Fri 2/21/25</b>	Scrambled eggs with Swiss Whole Grain Blueberry Muffin	BBQ Chicken leg quarters Baked Sweet Potato Baby carrots with parsley Cucumber dill salad	Fish curry with tomato sauce Brown rice Broccoli with toasted garlic	

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<b>Mon 2/24/25</b>	Plain Low-Fat Yogurt Toasted Oats Cereal	Cooked Shrimp (3oz) Brown Rice Cucumber Dill Salad Steamed Broccoli	Dominican Vegan Sancocho (Root Vegetable Stew) Caribbean Rice and Red Beans Adobo Spiced Cauliflower, Zucchini, and Carrots or Yellow Plantains	
<b>Tue 2/25/25</b>	Hard Boiled Egg Pancakes (pre-prepared)	Vegetable Lo Mein with Crispy Tofu Sauteed Spinach and Tomatoes	Turkey Tacos Cumin Spiced Quinoa with Black Beans and Corn Broccoli and Red Peppers	
<b>Wed 2/26/25</b>	Oatmeal (1 cup) Veggie Sausage Patty (pre-prepared)	Chicken Stir Fry with Vegetables Mixed Green Salad Sauteed Bok Choy	Classic Chicken Cacciatore Spaghetti (1/2 cup) Sauteed Mushrooms, peppers and Onions	
<b>Thur 2/27/25</b>	Scrambled Eggs with Red Peppers and Onions	Roasted Chicken Legs Baked Sweet Potato Italian Blend Vegetables	Spanish Style Roast Pork Cilantro Lime Brown Rice Vegetable mix (non-starchy)	
<b>Fri 2/28/25</b>	Cottage Cheese (1/2 cup) English Muffin, Whole Wheat Hard Boiled Egg	Pork Spare Ribs Dominican Moro Steamed Broccoli and/or Kale	Salmon in Garlic Butter Sauce Couscous with Peas and Lemon Cucumber Dill Salad	

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**Your health matters!**

**Your voice matters!**

**Come to us if you have any questions, comments or feedback.**

**¡Tu salud importa!**

**¡Tu voz importa!**

**Acércate a nosotros si tienes alguna pregunta, comentario o sugerencia.**

**您的健康很重要!**

**你的聲音很重要!**

**如果您有任何問題、意見或回饋，請與我們聯絡。**

