

UNIVERSITY SETTLEMENT

us

University Settlement Older Adults Center Neighborhood Center at 189 Allen St APRIL 2025 MENU. 212-473-8217. Funded by NYC Aging				
	BREAKFAST 9:00-9:45AM	LUNCH 12-1PM	DINNER 4-4:45PM	<div>Suggested contribution \$0.25 for breakfast, and \$1.00 for lunch and dinner respectively.</div> <div>YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE MENU SUBJECT TO CHANGE WITHOUT NOTICE</div> <div>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.</div> <div>Meals are served with 1% Low fat milk, margarine or butter, whole wheat bread, and fresh fruit. Daily menu subject to change without notice.</div>
				
Tues 4/1/25	Plain Low-fat Yogurt Sweet and Spicy Vegan Chorizo	California Veggie Burger Cucumber Dill Salad Mixed Green salad	Baked ziti with Turkey Italian Blend vegetables Refreshing Chickpea salad with dill	
Wed 4/2/25	Corn Muffin Raisin Bran Cereal	Pernil (Roasted Pork Shoulder) Dominican Moro Italian Cut green beans	Chicken parmesan Bowtie Pasta Mixed Green salad	
Thur 4/3/25	Mini Croissant Southwest Tofu Scramble	Lentils of the southwest Cilantro lime brown rice Steamed broccoli Steamed kale	Beef brisket with tomatoes and onions Egg noodles Garden salad	
Fri 4/4/25	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	
Mon 4/7/25	Plain Low-Fat Yogurt Toasted Oats Cereal	Cooked Shrimp Brown Rice Cucumber Dill Salad Steamed Broccoli	Dominican Vegan Sancocho Caribbean Rice and Red Beans Adobo Spiced Cauliflower, Zucchini, and Carrots Yellow Plantains	
Tues 4/8/25	Hard Boiled Egg Pancakes	Vegetable Lo Mein with Crispy Tofu Sauteed Spinach and Tomatoes	Turkey Tacos Cumin Spiced Quinoa with Black Beans and Corn Broccoli and Red Peppers	
Wed 4/9/25	Oatmeal Veggie Sausage Patty	Chicken Stir Fry with Vegetables Mixed Green Salad Sauteed Bok Choy	Classic Chicken Cacciatore Rotini Sauteed Mushrooms, peppers and Onions	
Thur 4/10/25	Scrambled Eggs with Red Peppers and Onions	Roasted Chicken Legs Baked Sweet Potato Italian Blended Vegetables	Spanish Style Roast Pork Cilantro Lime Brown Rice Vegetable mix	
Fri 4/11/25	Cottage Cheese English Muffin, Whole Wheat Hard Boiled Egg	Pork Spare Ribs Dominican Moro Steamed Broccoli and Kale	Salmon in Garlic Butter Sauce Couscous with Peas and Lemon Cucumber Dill Salad	
Mon 4/14/25	Sweet and Spicy Vegan Chorizo Whole Grain Blueberry Muffin	Beef and Broccoli Brown Rice Chinese Style Bok Choy	Eggplant Parmesan with Creamy Cashew Ricotta Multigrain Bread Pasta Primavera	
Tue 4/15/25	Corn Muffin Farina	Lentils of the Southwest Cilantro Lime Rice Steamed Broccoli and/or Kale	Fish with Mushrooms, Peppers, and Tomatoes Brown Rice with Mushrooms Baby Carrots with Parsley	
Wed 4/16/25	Plain Low-Fat Yogurt Raisin Bran Cereal	Pernil (Roasted Pork Shoulder) Cuban Black Beans and Brown Rice Baby Carrots with Parsley Mixed Green Salad	Beef Meatballs in Tomato Sauce Whole Wheat Pasta Garden Salad	
Thur 4/17/25	Southwest Tofu Scramble	BBQ Chicken Breasts Baked Sweet Potato Italian Cut Green Beans	Pork Spare Ribs Multigrain Bread Broccoli and Red Pepper Salad Parmesan Rosemary Mashed Potatoes	
Fri 4/18/25	Mini Croissant Scrambled eggs with Red Peppers and Onions	Arroz con Pollo Chicken Breast and Rice California Blend Vegetables Cucumber Dill Salad	BBQ Chicken Breasts Bake Macaroni and Cheese Garden Salad or Roasted Broccoli	

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Mon 4/21/25	Hard Boiled Egg Pancakes	Vegetable Lo Mein with Crispy Tofu Sauteed Onions and Peppers	A Nice Vegetable Soup Whole Wheat Quesadillas with Cheddar, Black Beans and Vegetables	
Tues 4/22/25	Cottage Cheese Oatmeal	Lentils of the Southwest Cilantro Lime Rice Italian Cut Green Beans	Chicken Breast with Mushrooms and Peppers Bowtie Pasta Garden Salad	
Wed 4/23/25	Cheerios Plain Low-Fat Yogurt	Pork Spare Ribs Dominican Moro Kale with Tomato Steamed Broccoli	Salmon Salad Aromatic Veggie Borwn Rice Biryani with Chickpeas Vegetable Mix (non-starchy)	
Thur 4/24/25	Scrambled eggs with Red Peppers and Onions	Arroz con Pollo Chicken Breast and Rice Baby Carrots with Parsley Sauteed Spinach	Beef and Cheese Lasagna Whole Wheat Dinner Roll Garden Salad or Cucumber Dill Salad	
Fri 4/25/25	Cinnamon French Toast Hard Boiled Egg	Cooked shrimp Brown Rice Sauteed Mushrooms, peppers and Onions	Chicken Tikka Masala Brown Rice (1/2 cup) Mexican Corn Confetti Salad Sauteed Sweet Potatoes	
Mon 4/28/25	Veggie Sausage Patty 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	
Tues 4/29/25	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	
Wed 4/30/25	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	
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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。

