

UNIVERSITY SETTLEMENT

us

| University Settlement<br>Older Adults Center Neighborhood Center at 189 Allen St<br>MAY 2025 MENU. 212-473-8217. Funded by NYC Aging |                                                                      |                                                                                                    |                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                      | BREAKFAST<br>9:00-9:45AM                                             | LUNCH<br>12-1PM                                                                                    | DINNER<br>4-4:45PM                                                                                                                    | <div><div>Suggested contribution<br/>\$0.25 for breakfast, and<br/>\$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></div> |
|                                                                                                                                      |                                                                      |                                                                                                    |                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Thur 5/1/25                                                                                                                          | Hard Boiled Egg<br>Oatmeal (1 cup)                                   | BBQ Chicken Breasts<br>Roasted Potatoes<br>Cucumber Dill Salad<br>Italian Blend Vegetables         | Chicken Alfredo Penne<br>Whole Wheat Dinner Roll<br>California Blend Vegetables                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Fri 5/2/25                                                                                                                           | Bran Flakes Cereal<br>Plain Low-Fat Yogurt                           | Baked Fish<br>Black Beans and Rice<br>Broccoli and Red Peppers<br>Mixed Green Salad                | Baked Salmon with Cilantro Citrus Sauce<br>Orzo<br>Broccoli and Red Pepper Salad                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Mon 5/5/25                                                                                                                           | Sweet and Spicy Vegan Chorizo<br>Whole Wheat Mini Bagel              | Roasted Chicken Legs<br>Black Beans and Rice<br>Italian Cut Green Beans<br>Steamed Broccoli        | A Nice Vegetable Soup<br>Red Lentil Pasta with Fire Roasted Tomato Sauce<br>Broccoli and Red Pepper Salad                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Tues 5/6/25                                                                                                                          | Cheerios<br>Hard Boiled Egg                                          | Cooked Shrimp<br>Brown Rice<br>Cucumber Dill Salad<br>Sauteed Spinach and Tomatoes                 | Beef Sloppy Joe<br>Bowtie Pasta<br>Skillet Zucchini, Corn, Peppers, and Tomatoes                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Wed 5/7/25                                                                                                                           | Scrambled eggs with Red Peppers and Onions<br>Whole Wheat Mini Bagel | Beef and Broccoli<br>Chinese Style Bok Choy                                                        | Turkey Salisbury Steak with Mushroom Gravy<br>Buckwheat with Mushrooms<br>Romaine, Carrot, Beet, and Chickpea Salad                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Thur 5/8/25                                                                                                                          | Cheese Pierogi<br>Cottage Cheese (1/2 cup)                           | Lemon Garlic Baked Fish<br>Roasted Potatoes<br>Sauteed Kale and Broccoli with Sundried Tomatoes    | Whole Wheat Ziti with Chicken, Tomato and Rosemary<br>Cucumber and Tomato Salad with Balsamic Vinaigrette<br>Italian Blend Vegetables |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Fri 5/9/25                                                                                                                           | Hard Boiled Egg<br>Veggie Sausage Patty (pre-prepared)               | Cuban Black Beans and Brown Rice<br>Baby Carrots with Parsley<br>Mixed Green Salad                 | BBQ Chicken Leg Quarters<br>Yellow Rice<br>Leafy Green Salad with Apples                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Mon 5/12/25                                                                                                                          | Hard Boiled Egg<br>Pancakes (pre-prepared)                           | Baked Pork Chops<br>Rice with Vegetables<br>Roasted Peppers                                        | Cuban Style Split Pea Soup<br>Southern Italian Tofu Parmigiana Pasta (1/2 cup)<br>Cucumber Dill Salad                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Tues 5/13/25                                                                                                                         | Plain Low-fat Yogurt<br>Sweet and Spicy Vegan Chorizo                | California Veggie Burger<br>Cucumber Dill Salad<br>Mixed Green salad                               | Baked ziti with Turkey (Dairy-free)<br>Italian Blend vegetables<br>Refreshing Chickpea salad with dill                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Wed 5/14/25                                                                                                                          | Corn Muffin<br>Raisin Bran Cereal                                    | Pernil (Roasted Pork Shoulder)<br>Dominican Moro<br>Italian Cut green beans                        | Chicken parmesan<br>Bowtie Pasta (1/2 cup)<br>Mixed Green salad                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Thur 5/15/25                                                                                                                         | Mini Croissant<br>Southwest Tofu Scramble                            | Lentils of the southwest<br>Cilantro lime brown rice<br>Steamed broccoli and/or kale               | Beef brisket with tomatoes & onions<br>Egg noodles; Garden salad                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Fri 5/16/25                                                                                                                          | Scrambled eggs with Swiss<br>Whole Grain<br>Blueberry Muffin         | BBQ Chicken leg quarters<br>Baked Sweet Potato<br>Baby carrots with parsley<br>Cucumber dill salad | Fish curry with tomato sauce<br>Brown rice<br>Broccoli with toasted garlic                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Mon 5/19/25                                                                                                                          | Plain Low-Fat Yogurt<br>Toasted Oats Cereal                          | Cooked Shrimp and Brown Rice<br>Cucumber Dill Salad<br>Steamed Broccoli                            | Dominican Vegan Sancocho<br>Caribbean Rice and Red Beans<br>Adobo Spiced Cauliflower, Zucchini, and Carrots                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Tues 5/20/25                                                                                                                         | Hard Boiled Egg<br>Pancakes                                          | Vegetable Lo Mein with Crispy Tofu<br>Sauteed Spinach and Tomatoes                                 | Turkey Tacos<br>Cumin Spiced Quinoa with Black Beans and Corn<br>Broccoli and Red Peppers                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

|                                                                                                                                                                 | <div>BREAKFAST</div> <div>9:00-9:45AM</div> <div></div> | <div>LUNCH</div> <div>12-1PM</div> <div></div> | <div>DINNER</div> <div>4-4:45PM</div> <div></div> | <div>Suggested contribution</div> <div><b>\$0.25</b> for breakfast and <b>\$1.00</b> for lunch and dinner respectively.</div> <div><b>YOU WILL NOT BE DENIED A MEAL IF YOU ARE UNABLE TO CONTRIBUTE MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></div> <div><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></div> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wed 5/21/25                                                                                                                                                     | Oatmeal<br>Veggie Sausage Patty                                                                                                          | Chicken Stir Fry with Vegetables<br>Mixed Green Salad<br>Sauteed Bok Choy                                                        | Classic Chicken Cacciatore<br>Rotini<br>Sauteed Mushrooms, peppers and Onions                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Thur 5/22/25                                                                                                                                                    | Scrambled Eggs with Red Peppers and Onions                                                                                               | Roasted Chicken Legs<br>Baked Sweet Potato<br>Italian Blend Vegetables                                                           | Spanish Style Roast Pork<br>Cilantro Lime Brown Rice<br>Vegetable mix (non-starchy)                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Fri 5/23/25                                                                                                                                                     | Cottage Cheese<br>English Muffin, Whole Wheat<br>Hard Boiled Egg                                                                         | Pork Spare Ribs<br>Dominican Moro<br>Steamed Broccoli and/or Kale                                                                | Salmon in Garlic Butter Sauce<br>Couscous with Peas and Lemon<br>Cucumber Dill Salad                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Mon 5/26/25                                                                                                                                                     | Sweet and Spicy Vegan Chorizo<br>Whole Grain<br>Blueberry Muffin                                                                         | Beef and Broccoli<br>Brown Rice<br>Chinese Style Bok Choy                                                                        | Eggplant Parmesan with Creamy<br>Cashew Ricotta<br>Multigrain Bread<br>Pasta Primavera                                               |                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Tues 5/27/25                                                                                                                                                    | Corn Muffin<br>Farina                                                                                                                    | Lentils of the Southwest<br>Cilantro Lime Rice<br>Steamed Broccoli and/or Kale                                                   | Fish with Mushrooms, Peppers, and Tomatoes<br>Brown Rice with Mushrooms<br>Baby Carrots with Parsley                                 |                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Wed 5/28/25                                                                                                                                                     | Plain Low-Fat Yogurt<br>Raisin Bran Cereal                                                                                               | Pernil (Roasted Pork Shoulder)<br>Cuban Black Beans and Brown Rice<br>Baby Carrots with Parsley<br>Mixed Green Salad             | Beef Meatballs in Tomato Sauce<br>Whole Wheat Pasta<br>Garden Salad                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Thur 5/29/25                                                                                                                                                    | Southwest Tofu Scramble                                                                                                                  | BBQ Chicken Breasts<br>Baked Sweet Potato<br>Italian Cut Green Beans                                                             | Pork Spare Ribs<br>Multigrain Bread<br>Broccoli and Red Pepper Salad<br>Parmesan Rosemary Mashed Potatoes                            |                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Fri 5/30/25                                                                                                                                                     | Mini Croissant<br>Scrambled eggs with Red Peppers and Onions                                                                             | Arroz con Pollo Chicken Breast and Rice<br>California Blend Vegetables<br>Cucumber Dill Salad                                    | BBQ Chicken Breasts<br>Bake Macaroni and Cheese<br>Garden Salad or Roasted Broccoli                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <div>University Settlement</div> <div>Older Adults Center Neighborhood Center at 189 Allen St</div> <div>MAY 2025 MENU. 212-473-8217. Funded by NYC Aging</div> |                                                                                                                                          |                                                                                                                                  |                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                    |

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¡Tu voz importa!

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

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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。



|               | 早餐 9:00-9:45AM                                                                    | 午餐 12-1PM                                                                          | 晚餐 4-4:45PM                                                                         |                                                                                                                                                                                                                                                                      |
|---------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|               |  |  |  |                                                                                                                                                                                                                                                                      |
| 週四<br>5/1/25  | 烰雞蛋<br>燕麥片                                                                        | 燒烤雞胸肉<br>焗薯仔<br>香草黃瓜沙律<br>義大利混合蔬菜                                                  | 雞肉香草通心粉<br>小麵包<br>混合蔬菜<br>田園沙律                                                      | <div>早餐建議捐款<br/><b>\$0.25</b> 美元。<br/>午餐建议捐款<br/><b>\$1.00</b> 美元。<br/>晚餐建议捐款<br/><b>\$1.00</b> 美元。</div> <div>如果您無法做出貢獻，您也不會被拒絕用餐。</div> <div>每天提供含<br/><b>1%</b> 牛奶、人造黃油、小麥麵包和新鮮水果的膳食。<br/>菜單如有更改，恕不另行通知。</div> <div>早餐和晚餐可以過來排隊取餐。午餐需要在午餐時間之前或期間獲得門票才能享用餐點。</div> |
| 週五<br>5/2/25  | 麥片<br>低脂酸奶                                                                        | 焗魚<br>黑豆飯<br>西蘭花同紅椒<br>什錦蔬菜沙律                                                      | 番芫茜香橙醬焗三文魚<br>意式米飯<br>西蘭花甜椒沙律                                                       |                                                                                                                                                                                                                                                                      |
| 週一<br>5/5/25  | 甜辣素食香腸<br>迷你百吉餅                                                                   | 焗雞脾<br>黑豆飯<br>義式切青豆, 煮西蘭花                                                          | 蔬菜湯<br>紅扁豆意粉配烤番茄醬<br>西蘭花甜椒沙律                                                        |                                                                                                                                                                                                                                                                      |
| 週二<br>5/6/25  | 麥圈<br>烰雞蛋                                                                         | 糙米配熟蝦<br>香草黃瓜沙律<br>炒菠菜同蕃茄                                                          | 免治牛肉配麵包<br>蝴蝶結意粉<br>炒西葫蘆、紅蘿蔔、甜椒同蕃茄                                                  |                                                                                                                                                                                                                                                                      |
| 週三<br>5/7/25  | 紅椒洋蔥炒蛋<br>迷你百吉餅                                                                   | 牛肉西蘭花<br>中式白菜                                                                      | 火雞肉餅配蘑菇汁<br>蕎麥配蘑菇<br>生菜、紅蘿蔔、甜菜同鷹嘴豆沙律                                                |                                                                                                                                                                                                                                                                      |
| 週四<br>5/8/25  | 意大利餃子<br>農場鮮芝士                                                                    | 檸檬蒜蓉焗魚<br>焗薯仔<br>炒羽衣甘藍同西蘭花配番茄乾                                                     | 雞肉、番茄同迷迭香通心粉<br>香醋黃瓜番茄沙律                                                            |                                                                                                                                                                                                                                                                      |
| 週五<br>5/9/25  | 烰雞蛋<br>素食餡餅                                                                       | 古巴黑豆同糙米<br>小紅蘿蔔配歐芹<br>什錦蔬菜沙律                                                       | 燒雞脾<br>黃米飯<br>蘋果蔬菜葉沙律                                                               |                                                                                                                                                                                                                                                                      |
| 週一<br>5/12/25 | 烰雞蛋<br>熱香餅                                                                        | 焗豬扒<br>蔬菜飯<br>焗甜椒                                                                  | 古巴風味豌豆湯<br>意大利南部風味芝士豆腐<br>意大利麵<br>黃瓜香草沙律                                            |                                                                                                                                                                                                                                                                      |
| 週二<br>5/13/25 | 低脂酸奶<br>甜辣素食香腸                                                                    | 加州素食漢堡<br>香草黃瓜沙律<br>什錦蔬菜沙律                                                         | 焗火雞通心粉<br>意大利混合蔬菜<br>香草鷹嘴豆沙律                                                        |                                                                                                                                                                                                                                                                      |
| 週三<br>5/14/25 | 粟米鬆餅<br>提子乾麥片                                                                     | 豬肩肉<br>多明尼加風味飯<br>義式青豆                                                             | 帕爾馬乾芝士雞肉<br>蝴蝶結意粉<br>什錦蔬菜沙律                                                         |                                                                                                                                                                                                                                                                      |
| 週四<br>5/15/25 | 迷你牛角包<br>西南部風味炒豆腐                                                                 | 西南部青豆湯<br>芫茜香檸糙米<br>煮西蘭花同羽衣甘藍                                                      | 番茄洋蔥牛腩<br>雞蛋麵, 小麵包<br>田園沙律                                                          |                                                                                                                                                                                                                                                                      |
| 週五<br>5/16/25 | 瑞士汁炒蛋<br>蓝莓松饼                                                                     | 燒烤大雞脾<br>焗蕃薯<br>小紅蘿蔔配歐芹<br>香草黃瓜沙律                                                  | 咖哩番茄煮魚<br>糙米<br>蒜蓉西蘭花                                                               |                                                                                                                                                                                                                                                                      |
| 週一<br>5/19/25 | 低脂酸奶<br>麥圈                                                                        | 熟蝦同糙米飯<br>香草黃瓜沙律<br>煮西蘭花                                                           | 多米尼加蔬菜湯<br>加勒比風味紅豆飯<br>調味花椰菜、西葫蘆同黃芭蕉                                                |                                                                                                                                                                                                                                                                      |
| 週二<br>5/20/25 | 烰雞蛋<br>熱香餅                                                                        | 脆豆腐蔬菜撈麵<br>炒菠菜同蕃茄                                                                  | 火雞粟米卷<br>孜然藜麥配黑豆同粟米<br>西蘭花同甜椒                                                       |                                                                                                                                                                                                                                                                      |

|                                                                                                                         | 早餐 9:00-9:45AM                                                                    | 午餐 12-1PM                                                                          | 晚餐 4-4:45PM                                                                         |                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                         |  |  |  | 早餐建議捐款<br><b>\$0.25</b> 美元。<br>午餐建议捐款<br><b>\$1.00</b> 美元。<br>晚餐建议捐款<br><b>\$1.00</b> 美元。                                             |
| 週三<br>5/21/25                                                                                                           | 燕麥<br>素食香腸餡餅                                                                      | 雞肉炒蔬菜<br>什錦蔬菜沙拉<br>炒小唐菜                                                            | 經典雞肉意大利醬<br>螺絲意粉<br>炒蘑菇、甜椒同洋蔥                                                       | 如果您無法做出貢獻，您也不會被拒絕用餐。<br><br>每天提供含<br><b>1%</b> 牛奶、人造黃油、小麥麵包和新鮮水果的膳食。<br>菜單如有更改，恕不另行通知。<br><br>早餐和晚餐可以過來排隊取餐。午餐需要在午餐時間之前或期間獲得門票才能享用餐點。 |
| 週四<br>5/22/25                                                                                                           | 紅椒洋蔥炒雞蛋                                                                           | 焗雞脾<br>焗蕃薯<br>義大利混合蔬菜                                                              | 西班牙風味燒豬肉<br>芫茜青檸糙米<br>小麵包<br>混合蔬菜                                                   |                                                                                                                                       |
| 週五<br>5/23/25                                                                                                           | 農家鮮芝士<br>英式松餅<br>烩雞蛋                                                              | 燒排骨<br>多明尼加風味飯<br>煮西蘭花<br>煮羽衣甘藍                                                    | 蒜蓉牛油焗三文魚<br>豌豆檸檬拌粗麥粉<br>黃瓜香草沙律                                                      |                                                                                                                                       |
| 週一<br>5/26/25                                                                                                           | 甜辣素食香腸<br>藍莓鬆餅                                                                    | 牛肉同西蘭花<br>糙米<br>小唐菜                                                                | 帕爾馬乾芝士茄子配腰果乳清芝士醬<br>意粉<br>紅蘿蔔蘋果葡萄乾沙律                                                |                                                                                                                                       |
| 週二<br>5/27/25                                                                                                           | 粟米鬆餅<br>粟米糊                                                                       | 西南部青豆湯<br>芫茜香檸飯<br>煮西蘭花<br>煮羽衣甘藍                                                   | 蘑菇、甜椒同蕃茄焗魚<br>糙米配蘑菇<br>小紅蘿蔔配歐芹                                                      |                                                                                                                                       |
| 週三<br>5/28/25                                                                                                           | 低脂酸奶<br>提子乾麥片                                                                     | 焗豬肩肉<br>古巴黑豆和糙米<br>小紅蘿蔔配歐芹<br>混合蔬菜沙律                                               | 番茄醬牛肉丸<br>意粉<br>田園沙律                                                                |                                                                                                                                       |
| 週四<br>5/29/25                                                                                                           | 西南部風味炒豆腐                                                                          | BBQ 雞胸肉<br>焗蕃薯<br>意式豆仔                                                             | 燒排骨<br>西蘭花甜椒沙律<br>帕爾馬乾芝士迷迭香薯蓉                                                       |                                                                                                                                       |
| 週五<br>5/30/25                                                                                                           | 迷你牛角包<br>甜椒洋蔥炒蛋                                                                   | 雞胸肉飯<br>加州混合蔬菜<br>黃瓜香草沙律                                                           | BBQ 雞胸肉<br>焗芝士通心粉<br>焗西蘭花田園沙律                                                       |                                                                                                                                       |
| 大學睦鄰之家<br>鄰里老人活動中心 <b>189</b> 亞倫街。有任何問題，請撥打 <b>212-473-8217</b><br><b>2025 年 5 月餐單</b><br>項目由紐約市老人局 <b>NYC Aging</b> 資助 |                                                                                   |                                                                                    |                                                                                     |                                                                                                                                       |



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**LEARN—  
OLDER ADULTS  
PROGRAM**