

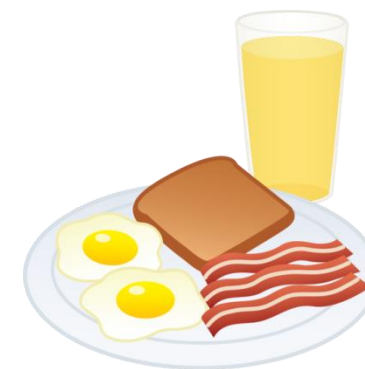


Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
		Center is Closed Centro esta Cerrado 中心關閉一日 	Hard Boiled Eggs (2) Bran Flakes Cereal Apple Juice Fresh Banana Peanut Butter 水煮蛋 麥片 新鮮香蕉	Sweet Potato Saute Turkey Sausage Link English Muffin Whole Wheat Fresh Orange (no bread) 甜馬鈴薯泥 火雞肉腸 全麥英式小麵包
Veggie Sausage Patty Oatmeal Apple Orange Juice Peanut Butter 素肉片 麥片 蘋果 花生奶油	Mangu w/ Onions Turkey Bacon Cheerios Apple Juice Frozen Mixed Berries 西人薯泥 火雞培根 蘋果汁	Scrambled Eggs w/ Red Peppers & Onions Oatmeal Pear Peanut Butter 炒蛋佐洋蔥黑椒 高纖麥片 罐裝梨	Cheddar Cheese Home Fries w/ Peppers Onions Oatmeal Pear Peanut Butter 切達起司 炸薯條佐黑椒 高纖麥片	Hard Boiled Eggs Bran Flakes Cereal Fresh Orange 水煮蛋 高纖麥片 新鮮柳橙
Grilled Mozzarella & Tomato Sandwich Cornmeal Apple Orange Juice 烤磨佐羅拉起司 番茄三文治 高纖玉米片 蘋果	Egg White Omelette w/ Peppers & Onions English Muffins Whole Wheat Fresh Orange (no bread) 蛋白歐姆雷蛋佐洋蔥黑椒 全麥英式小麵包 新鮮柳橙	Whole Wheat English Muffin BLT Raisin Bran Cereal Orange Pineapple Juice Pear (no bread) 全麥英式小麵包佐培根鮮菜番茄 葡萄乾麥片 罐裝桃	Pork Sausage Link Sweet Potato Saute Cornmeal Apple Juice Frozen Mixed Berries 豬肉腸 甜薯泥 麥片 綜合藍莓	Hard Boiled Eggs English Muffin Whole Wheat Raisin Bran Cereal Fresh Orange (no bread) 水煮蛋 全麥英式小麵包 葡萄乾麥片 新鮮柳橙
Center is Closed El Centro esta Cerrado 中心關閉一日 	Hard Boiled Eggs (2) English Muffin Whole Wheat Oatmeal Apple Juice Canned Pineapple 水煮蛋 全麥英式小麵包 高纖麥片	Mangu w/Onions Turkey Sausage Link Apple Juice Fresh Orange 西人薯泥佐洋蔥 火雞肉腸 蘋果汁 新鮮柳橙	Egg Frittata w/ Potatoe & Peas Bran Flakes Cereal English Muffin Whole Wheat Apple Juice Pear Grape Jelly Peanut Butter 炒蛋佐馬鈴薯塊青豆	Home Fries w/ Peppers & Onions Veggie Sausage Patty Bran Flakes Cereal Canned Mandarin Oranges 薯條佐洋蔥黑椒 素肉片 高纖麥片
Scrambled Eggs Creamy Apple Raisin Oatmeal Apple Juice Pear Grape Jelly Peanut Butter Wheat Germ 炒蛋 高纖麥片 果凍	Grilled Cheese Cornmeal Fresh Orange Wheat Germ 烤起司 玉米麥片	Potato Spinach Frittata Apple Orange Juice 波菜馬鈴薯炒蛋 鮮鮮蘋果 柳橙汁	Hard Boiled Eggs (2) Oatmeal Canned Mandarin Oranges Wheat Germ 水煮蛋 高纖麥片 罐裝柳橙	Home Fries Veggie Sausage Patty Farina Apple Juice Fresh Banana Grape Jelly Peanut Butter 薯條佐洋蔥黑椒



Breakfast Desayuno Menu 早餐

9:00AM
to
10:00AM



January/Enero
2020
1 月份行事曆

All Meals Are Served w/
Whole Wheat Bread
Trans-Fat-Free Margarine
1% Low-Fat Milk
Fresh Fruit
Menu Subject To Change
Without Notice

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
		Center is Closed El Centro esta Cerrado 中心關閉一日 	BBQ Chicken Red Bliss Potato Steamed Broccoli & Cauliflower Canned Pineapple BBQ 烤雞 烤紅馬鈴薯 蒸花菜 罐裝鳳梨	Apple Juice Herbed Tilapia Brown Rice w/ Beans Sautéed Broccoli w/ Mushrooms & Pearl Onions Cauliflower Soup Pear 烤草魚佐鹽白花菜 蘑菇佐洋蔥 花菜湯
Turkey Burger w/cheese Hamburger Bun (whole wheat) Fresh Sliced Tomatoes & Cucumbers Vegetable Soup Fresh Orange 火雞肉漢堡 黃瓜沙拉 蔬菜湯	Vegetable Baked Ziti w/Whole Wheat Pasta Baby Carrots w/Parsley Escarole & White Bean Soup Pear 蔬菜烤通心麵 小紅蘿蔔 白豆湯	Orange Juice Baked Asian Style Honey Chicken Chinese Style Spaghetti Oriental Blend Fresh Apple 蜜汁雞 撈麵 新鮮蘋果	Pork Spare Ribs Whole Grain Macaroni & Cheese Garden Salad Canned Mandarin Oranges 豬肋排 全麥通心粉 新鮮沙拉	Baked Salmon w/ Cilantro Citrus Sauce Cauliflower & Potato Mash Capri Blend Veggie Fresh Apple 烤三文魚 花菜佐馬鈴薯泥 新鮮蘋果
Turkey Meatballs Vegetable Baked Ziti w/ Whole Wheat Pasta Roasted Brussels Sprouts Fresh Orange 火雞肉丸 全麥義大利麵 烤豆芽菜 新鮮柳橙	Baked Tilapia w/ Tomatoes Brown Rice Garden Salad Black Bean Soup Frozen Mixed Berries 烤草魚佐番茄 糙米飯 新鮮沙拉	Chicken Thigh Stew w/Ginger & Pumpkin Brown Rice Capri Blend Veggies Fresh Orange 燉雞腿肉飯佐薑汁 南瓜泥 糙米飯 新鮮柳橙	Apple Juice Baked Fish w/Sweet & Sour Sauce Pasta Green Bean Salad Pear 酸甜烤魚 義大利麵 綠豆沙拉	Turkey Meatloaf w/ Mushroom Gravy Red Bliss Potatoes Steamed Broccoli & Cauliflower Vegetable Soup Fresh Banana 火雞肉丸佐香菇汁 紅馬鈴薯 蒸花菜 新鮮香蕉
Center is Closed El Centro esta Cerrado 中心關閉一日 	BBQ Chicken Brown Rice w/Beans Cornbread Roasted Zucchini Squash Soup w/ Mushrooms Fresh Orange BBQ 烤雞 糙米飯 條瓜湯佐香菇 新鮮柳橙	Stewed Codfish (Bacalao Fresco Guisado) Brown Rice Baby Carrots w/Parsely Frozen Mixed Berries 西人魚醬飯 糙米飯 綜合藍莓	Chicken Marsala Baked Potatoes Roasted Broccoli Black Bean Soup Fresh Apple 辣醬烤雞 烤馬鈴薯 烤豆湯 新鮮蘋果	Apple Juice Smothered Pork Chops Pasta Green Bean & Apple Salad Pear 烤豬排 意式麵 綠豆佐蘋果沙拉 罐裝梨
Garlic Chicken Brown Rice w/ Beans Capri Blend Veggies Vegetable Soup Fresh Orange 大蒜雞 糙米飯佐豆類 新鮮沙拉 新鮮柳橙	Pineapple Juice Pumpkin Harvest Beef Stew Baked Sweet Potato Roasted Broccoli Fresh Apple 南瓜泥佐嫩牛肉 烤馬鈴薯 烤花菜 鳳梨汁	Whole Wheat Pasta Primavera w/ Cheese Garlic Bread Garden Salad Escarole & White Bean Soup Canned Mandarin Oranges 全麥義大利麵 大蒜麵包 新鮮沙拉 白豆湯 罐裝柳橙	Beef & Broccoli Chinese Style Spaghetti Steamed Napa Cabbage w/ Soy Sauce Canned Pineapple 牛肉佐花菜 蒸高麗菜佐醬油 罐裝鳳梨	Pineapple Glazed Salmon Baked Red Potato Wedges Broccoli & Red Pepper Salad Vegetable Soup Fresh Apple 三文魚佐鳳梨汁 烤馬鈴薯 花菜佐花椰沙拉 蔬菜湯 新鮮蘋果

**January/Enero
2020 一月份行事曆**

Grand Street Settlement
Grand Coalition of Seniors
80 Pitt Street NY NY 10002
212-674-1740
Funded by the NYC
Department for the Aging

**Lunch/Almuerzo/午餐
12:00PM to 1:00PM**

Please join us for our
classes, workshops and
special events.

Unase a
nuestras clases, talleres
y eventos especiales.
請報名參加我們的課程,
講座, 以及特別活動。

MENU....

**All Meals Are Served w/
Whole Wheat Bread
Trans Fat Free Margarine
1% Low Fat Milk
Juices are Unsweetened
Menu Subject To Change
Without Notice**

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Tai Chi Practice 8:00am-10am (ECCC) 175 Delancey St. 4th fl. 新樓	Tai Chi Practice 8:00am-10am (ECCC) 175 Delancey St. 4th fl. 新樓	Tai Chi Class 8:00am-10am (ECCC) 175 Delancey St. 4th fl. 新樓	Tai Chi Practice 8:00am-10am (ECCC) 175 Delancey St. 4th fl. 新樓	Tai Chi Practice 8:00am-10am (ECCC) 175 Delancey St. 4th fl. 新樓
Breakfast 早餐 9-10am	Breakfast 早餐 9-10am	Breakfast 早餐 9-10am	Breakfast 早餐 9-10am	Breakfast 早餐 9-10am
Arts & Crafts 8:30am-12:30pm 手工藝 Rm 102	Arts & Crafts 8:30am-12:30pm 手工藝 Rm 102	Arts & Crafts 8:30am-12:30pm 手工藝 Rm 102	Arts & Crafts 8:30am-12:30pm 手工藝 Rm 102	Arts & Crafts 8:30am-12:30pm 手工藝 Rm 102
Line Dance Praticce 10:00am-11:30am (Rm.109)	Basic English 8:45am-10:30am (ECCC) 175 Delancey St. 4th fl. 新樓		Advanced English 9:00am-10:30am (ECCC) 175 Delancey St. 4th fl. 新樓	Line Dance 10:00am-11:30am (Rm 109)
	Chinese Calligraphy 10:30am-11:50am (ECCC) 175 Delancey St. 4th fl. 新樓	NY Tech Nurses 9:00am-12:00pm Grand Café	Formal Dance 10:30am-11:50am (ECCC) 175 Delancey St. 4th fl. 新樓	
	Advanced Computer 10:00am-11:50am 進階電腦 CTC	Formal Dance 10:30am-11:50am (ECCC) 175 Delancey St. 4th fl. 新樓	Chinese Painting 10:30am-11:50am 國畫班 Library	Group Dance 10:00am-11:50am (ECCC) 175 Delancey St. 4th fl. 新樓
LUNCH 午餐 12-1pm The Grand Café	LUNCH 午餐 12-1pm The Grand Café	LUNCH 午餐 12-1pm The Grand Café	LUNCH 午餐 12-1pm The Grand Café	LUNCH 午餐 12-1pm The Grand Café
Bingo 賓果遊戲 1:00pm-3:30pm Grand Café	Bingo 賓果遊戲 1:00pm-3:30pm Grand Café		Bingo 賓果遊戲 1:00pm-3:30pm Grand Café	
Poets & Writers 1:00pm-3:00pm (rm. 109)	Haircuts 1:00pm-2:30pm/Rm. 102 Aida	English Conversation 1:00pm-3:30pm 英語會話班 Rm 102	Latin Dance Group 1:00pm-3:00pm 拉丁舞 (rm. 102)	
Chinese Karaoke 1:00pm-3:30pm 中文卡拉 OK (Rm. 102)		Zumba 有氧舞蹈 1:30pm-2:30pm Grand Café		Chinese Chorus 1:00pm-3:00pm (ECCC) 175 Delancey St. 4th fl. 新樓
WEEKLY CLASS SCHEDULE 每週課表/HORARIO SEMANAL	Chinese Macramé 1:00pm-3:30pm/中國結班 Rm. 102	Haircuts - Luis 1:00pm-2:30pm/Rm. 109		

Grand Street Settlement: Grand Coalition of Senior
80 Pitt Street New York, NY 10002
212-674-1740

Please Join us for our workshops and special events.
Unase a nuestras talleres y eventos especiales.
格蘭街耆老中心一月份活動派對一覽表
Activities and event calendar for January/Enero 2020

- 1/1/20- Wednesday/ Miércoles/星期三 – Center is Closed/Centro esta Cerrado/5/ 中心關閉一日
- 1/6/20- Monday/Lunes /星期一-- 1:15pm -Three Kings Day Dance/ Baile de los Tres Reyes /西班牙三王節 下午一點十五分 中心餐廳(Grand Café)
- 1/7/20 – Tuesday/Martes /星期二-- 10:30am – Medicare Presentation/ Presentación de Medicare /紅藍卡講座 早上十點半 中心餐廳(Grand Café)
- 1/9/20 – Thursday/Jueves /星期四-- 9am – Flea Market/ Venta de Mercado /跳蚤場 早上九點 中心餐廳 (Grand Café)
- 1/13/20 – Monday/Lunes/星期一 -- 8:30 am – City Harvest Food Pantry/Comida de Despensa/免費派菜日 上午八點半
- 1/14/20 – Tuesday/Martes/星期二 -- 10:30am – Healthfirst Open Enrollment Presentation/ Presentacion de Healthfirst /第一保健開放註冊講座 早上十點半 中心餐廳(Grand Café)
- 1/15/20 - Wednesday/ Miércoles /星期三-- 10:30am – Chinese New Year AM Show/Ano Nuevo Chino Show AM/中國春節聯歡 早上十點半 中心餐廳 (Grand Café)
- 1/17/20 – Friday/Viernes /星期五-- 10:30am – MLK Day AM Show/馬丁路德紀念 上午十點半 中心餐廳 (Grand Café)
- 1/20/20- Monday/Lunes /星期一-- Center is Closed/Centro esta Cerrado/中心關閉一日 (MLK DAY)
- 1/24/20 – Friday/Viernes/星期五 -- 10:30am – Single Stop Presentation/ Presentacion de Single Stop /一站式服務講座 中心餐廳 (Grand Café)
- 1/30/20 – Thursday/Jueves /星期四-- 1:15pm – January Birthday Dance/Baile de Cumpleanos para Enero /一月份 壽星生日派對 下午一點十五分 中心餐廳(Grand Café)