


Monday 星期一 EVENTOS Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
		Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Steamed Broccoli Banana 火雞肉佐蘑菇汁 蒸花菜 香蕉	Chicken w/ Black Bean Sauce Brown Rice ½ cup Italian Blend Vegetables Orange 雞肉佐黑豆汁 糙米飯 綜合蔬菜	Cod w/ Lemon Dill Sauce Baked Sweet Potato Normandy Blend Pear Orange Pineapple Juice 鱈魚佐檸檬汁 烤甜薯 鳳梨柳橙汁
Center is Closed/ Centro esta Cerrado 中心关闭 Labor Day	Baked Turkey Breat White Rice Spinach in Garlic Sauce Orange 烤火雞胸肉 白飯 大蒜汁佐菠菜	Beef Salisbury Steak w/ Mushroom Sauce Roasted Mushrooms Carrots Mashed Potatoes Pear 牛肉排佐蘑菇汁 烤蘑菇 紅蘿蔔 梨	Chicken Parmesan Spinach & Basil Pesto Pasta ½ cup Italian Blend Vegetables 焗烤雞 菠菜 義大利麵條 綜合蔬菜	Lemon Pepper Tilapia Brown Rice ½ cup Kale Banana 檸檬魚 裸米飯 香蕉
Vegetable Baked Ziti w/ Whole Wheat Pasta Baby Carrots w/ Parsely Green Beans Pear 蔬菜焗烤千層麵 全麥義大利麵條 紅蘿蔔 綠豆 梨	Chicken Stir Fry w/ Veggies White Rice Italian Blend Veggies Banana 乾炒雞肉佐蔬菜 白飯 意式綜合蔬菜 香蕉	Beef Meatballs in Tomato Sauce Bowtie Pasta Kale Nectarine 牛肉丸佐茄汁 領結義大利麵 黃桃	Mexican Style Chicken Thighs & Rice Yellow Rice Sautéed Zucchini Orange 墨西哥式雞肉 黃飯佐節瓜 橘子	Baked Fish w/ Soy Sauce White Rice Italian Cut Green Beans Kiwi 烤魚佐醬油 白飯 綠豆 奇異果
BBQ Chicken Leg Quarters Brown Rice ½ cup Kale Orange 烤雞腿 糙米飯佐蔬菜 橘子	Chinese Style Pork Lo Mein Oriental Blend Veggies Applesauce Orange Pineapple Juice 中國式豬排佐撈麵 拌蔬菜佐蘋果佐料 鳳梨橙汁	Chicken Cacciatore Orzo Steamed Broccoli Kiwi 燉煮雞肉茄汁 蒸花菜 奇異果	Beef & Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Prince Edward Blend Veggies Banana 牛肉火雞肉丸佐蘑菇汁 馬鈴薯泥 綜合蔬菜 香蕉	Stewed Codfish (Bacalao Fresco Guisado) Rice & Beans Sautéed Spinach Pear Special Meal for Moon Festival 中秋特別餐 燉鱈魚 白飯佐豆類 波菜泥 桃

(ON-SITE)

Lunch/Almuerz

堂吃午餐

**September/
Septiembre/
九月**

12PM-1:30PM



2021年

MENU/菜單

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

**Grand Street Settlement
Grand Coalition of Seniors
175 Delancey Street, 4th Fl.
NY NY 10002
646-201-4203**

Funded by the Department for
the Aging 老人局資助

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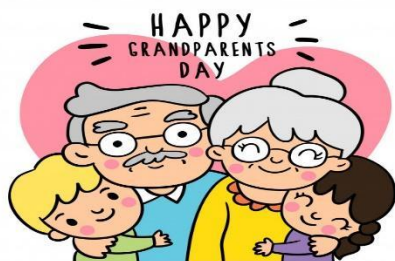
Monday 星期一

Tuesday 星期二

Wednesday 星期三

Thursday 星期四

Friday 星期五



Beef Hamburger
Hamburger bun (whole Wheat)
Mashed Sweet Potatoes
Sautéed Spinach
Apple
Orange Juice

1

牛肉漢堡(全麥)
馬鈴薯泥 蘋果 橙汁

Baked Turkey Breast
Brown Rice ½ cup
Green Beans
Banana
Apple Juice

2

烤火雞胸肉
糙米飯佐綠豆
香蕉
蘋果汁

Teriyaki Baked Fish
White Rice
Normandy Blend Veggies
Red Bliss Potatoes
Kiwi
Orange Juice

3

日式照燒烤魚
白飯佐綜合蔬菜 小馬鈴薯
奇異果

Center is Closed/
Centro esta Cerrado
中心关闭

6

Labor Day

Chinese Style Roast
Pork Loin
White Rice
Oriental Veggies Blend
Banana
Orange Pineapple Juice

7

中國式烤豬肉 白飯佐蔬菜 香蕉

Beef & Turkey Meatloaf
w/Mushroom Gravy
Mashed Potatoes
Steamed Broccoli
Apple
Orange Juice

8

牛肉火雞肉丸佐蘑菇汁 馬鈴薯泥

Chicken w/ Black Bean
Sauce
Brown Rice
Italian Blend Veggies
Banana
Apple Juice

9

雞肉佐黑豆汁 糙米飯 綜合蔬菜 香蕉

Cod w/ Lemon Dill
Sauce
White Rice
Normandy Blend
Orange Juice
Pear

10

鱈魚佐檸檬汁 白飯佐蔬菜 梨

Vegetarian Lasagna
Cauliflower
Prince Edward Blend Veggies
Apple
Orange Juice

13

6.

蔬菜千層 花菜 綜合蔬菜
蘋果 橙汁

Baked Turkey Breast
Brown Rice ½ cup
Steamed Spinach
Banana
Apple Juice

14

烤火雞胸肉 糙米飯 蒸菠菜 香蕉
蘋果汁

Salisbury Steak
Mashed Potatoes
Carrots
Pear
Orange Juice

15

牛肉排 馬鈴薯泥 紅蘿蔔 梨

Spanish Style Baked
Chicken
Pasta ½ cup
Italian Blend Veggies
Banana
Orange Juice

16

西班牙式烤雞 義大利麵 綜合蔬菜
香蕉 橙汁

Lemon Pepper Tilapia
Brown Rice ½ cup
Kale
Orange
Apple Juice

17

檸檬魚 糙米飯佐蔬菜 橙子
蘋果汁

(Grab-N-Go)

Lunch/
Almuerzo/帶走午
September/ Septiem
九月

12PM-1:30PM




2021年

MENU/菜單

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

Grand Street Settlement

20 Vegetarian Chili White Rice Baby Carrots w/ Parsely Orange Apple Juice 蔬菜辣豆醬 白飯 紅蘿蔔 橙子 蘋果汁	21 Chicken Stir Fry w/ Veggies Brown Rice ½ cup Italian Blend Veggies Peach Orange Juice 乾炒雞肉佐蔬菜 糙米飯 綜合蔬菜 桃 橙汁	22 Beef Meatloaf w/ Sofrito Bowtie Pasta Stewed Okra & Tomatoes Applesauce Orange Pineapple Juice 牛肉絞肉排 領結義大利麵 橙子 鳳梨橙汁	23 Spanish Style Baked Cod Yellow Plantains Green Beans Banana Apple Juice 西班牙式烤魚 黃芭蕉佐綠豆 香蕉 蘋果汁 30	24 Mexican Style Chicken Thighs & Rice Yellow Rice Sautéed Zucchini Pear Orange Pineapple Juice Special Meal for Moon Festival 中秋特別餐 雞肉佐黃飯 節瓜	Grand Coalition of Seniors 175 Delancey Street, 4 th Fl. NY NY 10002 646-201-4203 Funded by the Department for the Aging 老人局資助
27	28	29 9			

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂 Tai Chi (Beginner) 太極初學者班 9am-10:30am	Tai Chi Advance 太極進階班 8am-9am
Breakfast 早餐9-10am (TBA 未定)	Breakfast 早餐9-10am (TBA 未定)	Breakfast 早餐9-10am (TBA 未定)	Breakfast 早餐9-10am (TBA 未定)	Breakfast 早餐9-10am (TBA 未定)
Arts & Crafts 10:30am-11:30am 手工藝 Rm :Cafeteria 飯堂	Arts & Crafts 10:30am-11:30am 手工藝 Rm :Cafeteria 飯堂	(TBA 未定)	Arts & Crafts 10:30am-11:30am 手工藝 Rm : Cafeteria	Arts & Crafts/ Chinese Group Dance 10:30am-11:30am 手工藝 Rm : Cafeteria
Chinese Calligraphy 10:30am-11:30am 書法班Rm. 413	Computer Class 電腦課 10:30am-11:30am Tom Rm. 413 (HYDRID) Click to join 點我加入 (Zoom) Passcode密碼: 4ehZCx	NY Tech Nurses 9:00am-12:00pm (Nurse Room) (TBA)	Advanced English 進階英文班 10:30am-11:30am TOM Rm. 413 (HYDRID) Click to join 點我加入 (Zoom) Passcode密碼: 4ehZCx	Chair Yoga 椅子瑜珈 10:30am-11:30am Rm. 412 (HYDRID) Click to join 點我加入 (Zoom) Passcode密碼: uuj688
	Line Dance排舞班 10:30am-11:30am Rm. 412	Free Style Dance 社交舞班 10:30am-11:30am Rm. 413		
LUNCH 午餐12-1:30 pm	LUNCH 午餐12-1:30 pm	LUNCH 午餐12-1:30 pm Rm :Cafeteria 飯堂	LUNCH 午餐12-1:30 pm Rm :Cafeteria 飯堂	LUNCH 午餐12-1:30 pm Rm :Cafeteria 飯堂

Rm :Cafeteria 飯堂	Rm :Cafeteria 飯堂			
Bingo 賓果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Bingo 賓果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Chinese Painting 2:00pm-3:00pm 中國畫班 (TBA 未定)	Bingo 賓果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Line Dance 排舞班 1:30pm-2:30pm Rm. 413
Poets & Writers 1:30pm-3:00pm (TBA 未定)	Spanish Karaoke 1:30pm-3:00pm Rm. 413 (TBA 未定)	Zumba 有氧舞蹈 1:30pm-2:30pm Rm :Cafeteria	Latin Dance Group (TBA 未定) 1:30pm-3:00pm 拉丁舞 (rm. 413)	
Chinese Karaoke 中文卡拉ok bi-weekly 兩周舉行一次 9/13, 9/27 1:30pm-2:30pm Zoom only Click to join 點我加入 (Zoom) Passcode密碼: 4ehZCx Chinese Macramé 中國結班 1:30pm-2:30pm Rm. 413	Formal Dance 社交舞班 1:30pm-2:30pm Rm. 412			Chinese Chorus 中國合唱班 (Bi-Weekly, 9/10, 9/24) 每兩周舉行一次 上課日期 9/10, 9/24 2:00pm-3:00pm Youtube only Youtube live/recorded stream link only
WEEKLY CLASS SCHEDULE 每週課表/HORARIO SEMANAL	Ping Pong 2:30pm-3:30pm Rm. 412 (TBA 未定)			

- **9/1/21 - Wednesday/ Miércoles 星期三 - 9am - Union Square Farmer's Market Healthy Shopping/ Compras Saludables/ 農夫市場健康購物**
- **9/3/21 - Friday/Viernes/ 星期五/ - 10am - Cooking Demo w/ Joselle/ Demostración de cocina / 烹飪演示 (Cafeteria)**
- **9/8/21 - Wednesday/ Miércoles 星期三 - 9am - Union Square Farmer's Market Healthy Shopping/ Compras Saludables/ 農夫市場健康購物**
- **9/10/21 - Friday/Viernes/ 星期五 - 10am - Cooking Demo w/ Joselle/ Demostración de cocina / 烹飪演示 (Cafeteria)**
- **9/15/21 - Wednesday/ Miércoles 星期三 - 9am - Union Square Farmer's Market Healthy Shopping/ Compras Saludables/ 農夫市場健康購物**
- **9/15/21 - Wednesday/ Miércoles/星期三 - 10:30am - DFTA Nutrition Class/ Clase de Nutrición de DFTA / DFTA 營養課程 (Amelia) (Cafeteria)**
- **9/14/21 - Tuesday /martes/ 星期二 10:30am - special computer class - 3D glasses 電腦課特別堂-如何使用3D眼鏡 (Rm413)**
- **9/17/21 - Friday/Viernes 星期五 - 1:30pm - Hispanic Heritage Celebration / Celebración de la Herencia Hispana/- 西班牙裔傳統慶典 (Cafeteria)**
- **9/21/21 - Tuesday /martes/ 星期二 10:30am - Special computer class - 3D glasses 電腦課特別堂-如何使用3D眼鏡 (Rm413)**
- **9/22/21 - Wednesday/ Miércoles/星期三 - 9am - Union Square Farmer's Market Healthy Shopping/ Compras Saludables/ 農夫市場健康購物**
- **9/22/21 - Wednesday/ Miércoles/星期三 Grandparent AM Show/ Abuelo AM Show/ 祖父母派對 AM 秀 (Cafeteria)**
- **9/24/21 - Friday/Viernes/星期五 - 1:30pm Moon Festival (Cafeteria) 中秋節慶祝會 飯堂/露臺**
- **9/29/21 - Wednesday/ Miércoles/星期三 - 9am - Union Square Farmer's Market Healthy Shopping/ Compras Saludables/ 農夫市場健康購物**
- **9/29/21 - Wednesday/ Miércoles/星期三 10:30am - Carbon Monoxide Presentation/ Mióxido de Carbono Presentación / 一氧化碳安全講座(Cafeteria)**
- **9/30/21- Thursday/Jueves/ - 1:30pm - September Birthday Celebration/ Celebración del Cumpleaños de Septiembre/ 九月生日慶祝會 (Cafeteria)**

Grand Street Settlement: Grand Coalition of Senior
175 Delancey Street,
4th floor
New York, NY 10002
646-201-4203
Please Join us for our workshops and special events.
Unase a nuestras talleres y eventos especiales.
格蘭街耆老中心9月活動派對一覽表
Activities and event calendar for September / Septiembre / 九月 2021

****SPS Nurses – Start date on Friday 9/10/21 9am-3pm/ Fecha de inicio el Viernes 9/10/21 9am-3pm (Oficina de Enfermería/ 开始日期: 星期五 9/10/21 上午 9 点至下午 3 点 (Nurse Office rm. 403)**