



CENTER FOR AGELESS LIVING

2600 Netherland Avenue, Bronx, NY 10463
(718) 884-5900 | rssny.org

Lunch Menu
March 2025
Fan Favorites Wednesdays

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Spaghetti w/ Chicken Sausage Sautéed Green Beans Apple Whole Wheat Bread 1% Low Fat Milk	4 FAT TUESDAY Traditional Jambalaya Baked Sweet Potatoes Crusty Bread Kiwi (2) 1% Low Fat Mlk	5 Clam Chowder Soup Oven Fried Fish Sautéed Spinach Garlic Parmesan Egg Noodles Honey Dew Whole Wheat Bread 1% Low Fat Milk	6 Falafel Sandwich w/ Tzatziki sauce Hummus Salad Greens Frozen Mango Whole Wheat Pita 1% Low Fat Milk Jell-O	7 Jerk Fish Sautéed Spinach Potato Salad Whole Wheat Bread Bananas 1% Low Fat Milk
10 Cream of Broccoli Soup Baked Vegetable Alfredo Garden Salad Whole Wheat Dinner Roll Apple 1% Low Fat Milk	11 Whole Wheat Penne w/ White Beans, Eggplant, and Tomatoes California Blend Vegetables Whole Wheat Bread Mixed Fruit 1% Low Fat Milk	12 Oven Fried Chicken Corn on the Cobb Coleslaw Honey Dew Cornbread 1% Low Fat Milk	13 Deluxe Cheeseburger Corn on the Cobb Coleslaw Hamburger Bun Grapes 1% Low Fat Milk	14 Baked Fish w/ Garlic Parmesan Crust Roasted Potatoes and Vegetables Garden Salad Clementine's Whole Wheat Bread 1% Low Fat Milk
17 Turkey Breast w/ Gravy Perfect White Rice Normandy Blend Whole Wheat Bread Blueberries 1% Low Fat Milk	18 Italian Wedding Soup Stuffed Shells in Marinara Sauce Tossed Salad Dinner Rolls Cantaloupe 1% Low Fat Milk	19 Meatloaf Mashed Potatoes Green Beans Frozen Mixed Berries Whole Wheat Bread 1% Low Fat Milk	20 Fettuccine w/ Creamy Sauce and Vegetables Italian Blend Vegetables Frozen Mango Whole Wheat Bread 1% Low Fat Milk	21 Oven Fried Fish Oriental Blend Vegetables Tangerines Corn Muffin 1% Low Fat Milk
24 All American Baked Potato w/ Sour Cream and Chives Steamed Broccoli Pasta Salad Applesauce Whole Wheat Bread 1% Low Fat Milk	25 Tomato Basil Soup Chicken and Broccoli White Rice Mixed Green Salad Orange Whole Wheat Bread 1%Low Fat Milk	26 Birthday Party Glazed Salmon Macaroni Salad Vegetable Medley Mixed Berries Biscuits 1% Low Fat Milk	27 Vegetable Soup Tuna Salad Supreme Avocado Lettuce and Tomato Fruit Cocktail Whole Wheat Bread 1% Low Fat Milk	28 Spinach Stuffed Fish Garlic Mashed Potatoes Sweet Peas Frozen Banana Chips Whole Wheat Bread 1% Low Fat Milk
31 Black Bean Soup Baked Chicken Green Beans Yellow Rice Strawberries Whole Wheat Bread 1% Low Fat Milk	March 16 St. Patrick's Day Luncheon Corned Beef Cabbage w/ Potatoes Irish Soda Bread Green Apple 1% Low Fat Milk 			