



CENTER FOR AGELESS LIVING

2600 Netherland Avenue, Bronx, NY 10463
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Lunch Menu
December 2024
Mediterranean Wednesdays

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2 BBQ Chicken Leg Quarters Brussel Sprouts Perfect White Rice Applesauce Whole Wheat Bread 1% Low Fat Milk</p>	<p>3 Dan Dan Noodles (Noodles w/ Vegetables) Cucumber Chickpea Salad Cantaloupe Whole Wheat Bread 1 % Low Fat Milk</p>	<p>4 Mediterranean Wednesdays Italian Wedding Soup Chicken Caprese Orzo Garden Salad Peaches Whole Wheat Bread 1 % Low Fat Milk</p>	<p>5 Turkey Meatloaf Garlic Mashed Potatoes Normandy Blend Frozen Pineapples Whole Wheat Bread 1% Low Fat Milk</p>	<p>6 Clam Chowder Soup Salmon Burger French Fries Coleslaw Bananas Whole Wheat Bread 1% Low Fat Milk</p>	
<p>9 Baked Spaghetti w/ Chicken Sausage Sautéed Green Beans w/ Onions Apple Whole Wheat Bread 1% Low Fat Milk</p>	<p>10 Beef Fajitas Adobe Spiced Cauliflower, Zucchini and Carrots Grapes Flour Fajita Shell 1% Low Fat Milk</p>	<p>11 Mediterranean Wednesdays Black Bean Soup Baked Fish Oreganata Garlic Parmesan Egg Noodles Roasted Broccolini Orange Dinner Roll 1% Low Fat Milk</p>	<p>12 Comforting Lentil and Bean Chili Russian Tomato Salad Frozen Mango Fruit Jell-O Whole Wheat Bread 1% Low Fat Milk</p>	<p>13 Broccoli Cheddar Soup Jerk Fish Potato Salad Sautéed Spinach Tangerines Whole Wheat Bread 1% Low Fat Milk</p>	
<p>16 Sweet Potato and Carrot Soup Cheese Ravioli Tossed Salad Fruit Cocktail Breadstick 1% Low Fat Milk</p>	<p>17 Butternut Squash Soup Hawaiian Chickpeas California Blend Vegetables Watermelon Whole Wheat Bread 1% Low Fat Milk</p>	<p>18  Birthday Party <i>Glazed Salmon</i> <i>Baked Potato</i> <i>Garden Salad</i> <i>Strawberries</i> <i>Whole Wheat Dinner Roll</i> 1% Low Fat Milk</p>	<p>19 Deluxe Cheeseburger w/ Onions Corn on the Cobb Roasted Sweet Potato Fries Grapes Whole Wheat Hamburger Bun 1% Low Fat Milk</p>	<p>20 Lemon Butter Fish Fillet Roasted Potatoes and Vegetables Mixed Green Salad Clementine's Whole Wheat Bread 1% Low Fat Milk</p>	
<p>23 Yankee Pot Roast Seasoned Brown Rice Braised Cabbage Blueberries Whole Wheat Bread 1% Low Fat Milk</p>	<p>24 X-mas/Hanukkah Lunch Matzo Ball Soup Sliced Turkey Potato Latkes' Collard Greens Cantaloupe 1% Low Fat Milk</p>	<p>25 CENTER CLOSED </p>	<p>26 CENTER CLOSED</p>	<p>27 Tomato Basil Soup Parmesan Crusted Baked Fish Vegetable Rice Cucumber Salad Frozen Strawberries Whole Wheat Bread</p>	
<p>30 Smothered Pork Chops Baked Sweet Potato Garden Salad Orange Whole Wheat Bread 1% Low Fat Milk</p>	<p>31 New Year's Eve Toast Baked Fish Garlic Mashed Potatoes Green Beans Pineapple Dinner Roll 1% Low Fat Milk</p>	<p></p>			