



CENTER FOR AGELESS LIVING

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

**MENU
JANUARY 2022**



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Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 A Nice Vegetable Coconut Curried Cod Fish Rice with Vegetables Whole Wheat Bread Steamed Broccoli Mandarin Oranges Milk</p>	<p>4 Chicken Caprese Kasha Whole Wheat Bread Steamed Spinach Orange Milk</p>	<p>5 Eggplant Parmesan Penne with Sauce Whole Wheat Bread Zucchini with Onions and Peppers Orange Pineapple Juice Sliced Peaches Milk</p>	<p>6 Soup Smothered Port Chops Mashed Sweet Potatoes Whole Wheat Bread Oriental Blend Applesauce Milk</p>	<p>7 Basil Quinoa Stuffed Peppers Baby Carrots with Parsley Whole Wheat Bread Grapes Milk</p>
<p>10 Vegetarian Chili Baked Sweet Potato Sautéed Brussel Sprouts with Kale Walnuts Bread Apple Milk</p>	<p>11 Mushroom Barley Soup Chicken Fricassee Quinoa with Kale and Carrots Whole Wheat Bread California Blend Vegetables Fruit cocktail Milk</p>	<p>12 Baked Breaded Fish Whole Wheat Bread Normandy Blend Banana Gape Juice Milk</p>	<p>13 Minestrone Soup Jumbo Stuffed Shells with Spinach Whole Wheat Bread Mixed Green Salad Applesauce Milk</p>	<p>14 Baked Asian Style Honey Chicken Baked Brown Rice Pilaf Whole Wheat Bread Green Bean Sautee Orange Milk</p>
<p>17 CENTER CLOSED MLK DAY</p>	<p>18 Chicken and Broccoli Stir Fry Brown Rice Whole Wheat Bread Orange Pineapple Juice Sliced Peaches Milk</p>	<p>19 Lentil & Beet Soup Eggplant Parmesan Bowtie Pasta Whole Wheat Bread Steamed kale Pineapple Milk</p>	<p>20 Black Bean soup Hicken Shawarma (Oven Roasted) Home Fries with Pep- pers and Onions Whole Wheat Bread Mixed Green Salad Orange Milk</p>	<p>21 Vegetarian Stuffed /Cabbage Rice & Beans Whole Wheat Bread Steamed Spinach Pears Orange pineapple juice Milk</p>
<p>24 Vegetable Soup Roasted Butternut Squash, Leak and Ricotta Lasagna Stir Fry, Kale and Broccoli Whole Wheat Bread Orange Juice Milk</p>	<p>25 Fish with Creole Sauce Rice with Vegeta- bles Whole Wheat Bread Broccoli with Toasted Garlic Orange Pineapple Juice Sliced Peaches Milk</p>	<p>26 Spinach & White Bean Soup Baked Ziti with Cheese Whole Wheat Bread Garden Salad Fruit Cocktail Milk</p>	<p>27 Chicken and Broccoli Stir Fry Brown Rice with Mushrooms Whole Wheat Bread Oriental Blend Banana Milk</p>	<p>28 Stuffed Peppers with Turkey Whole Wheat Bread Roasted Eggplant Steamed Cauliflower Apple Milk</p>
<p>31 Baked Fish with Garlic Sauce Bowtie with Kasha Italian Blend Vegetables Orange Milk</p>	<p>..... Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</p>	<p>Grab & Go Starts Tuesday January 11 Pick up Tuesday & Thursday 11:15-12:00 12:15- 1:00</p>	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>RESERVATION REQUIRED Call 718-884-5900 ext. 10</p>	