





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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spinach and White Bean Soup Stuffed Shells with Cheese Whole Wheat Bread Broccoli with Toasted Garlic Lemony Cucumber and Tomato Salad Cantaloupe Milk	3 Beef and Broccoli Brown Rice with Pigeon Peas Mexican Corn Confetti Salad Banana Milk	4 A Nice Vegetable Soup Squash and Leek Lasagna Whole Wheat Bread Stir Fry Kale and Broccoli Orange Milk	5 Baked Fish Marsala with Mushrooms Whole Wheat Bread Baby Carrots with Parsley Chickpea Salad with Dill Grapes Milk	6 Chicken Salad Whole Wheat Bread Pasta Salad Beet, Arugula and Feta Salad Kiwi Juice Milk
9 Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Baby Spinach Salad Spiced Sweet Potatoes Baked Apple Milk	10 Baked Macaroni and Cheese Whole Wheat Bread Braised Collard Greens Stewed Tomatoes Banana Milk	11 Egg Salad with Dill on Bed of Lettuce Potato Salad Spinach Salad Whole Wheat Bread Cantaloupe Milk	12 * MOTHER'S DAY CELEBRATION* Baked Salmon Marsala with Mushrooms Roasted Brussel Sprouts Beet Salad Roasted Potatoes Honey Dew Milk	13 Baked Ziti with Beef Meatballs Quinoa with Kale and Carrots Whole Wheat Bread Steamed Cauliflower Orange Milk
16 Baked Polenta with Veggie Sauce Whole Wheat Bread Stir Fry Kale and Broccoli Orange Milk	17 Balsamic Chicken Thighs Rice and Beans Okra with Tomatoes Apple Milk	18 Lentil Soup Tuna Fish Salad on Bed of Lettuce Tomato Cucumber Salad Pasta Salad Honeydew Whole Wheat Bread Milk	19 Southwest Sweet Potato Chickpea Delight Barley, Corn and Black Bean Salad Normandy Blend Kiwi Milk	20 Baked Whiting Fish Fillets Quinoa with Kale and Carrots Baby Spinach Salad Banana Milk
23 A Nice Vegetable Soup Broccoli cheese Quesadilla Cous Cous Mushroom, Red Pepper & Onion Sauté Peach Milk	24 Minestrone Soup Chef Salad Chickpea Salad Tossed Salad Whole Wheat Bread Orange Milk	25 Lentil and Beet Soup Baked Fish with Lemon Garlic Butter Sauce Whole Wheat Bread Israeli Salad Pear Milk	26 *MEMORIAL DAY CELEBRATION* BBQ Baked Chicken Quarters Whole Wheat Bread Baked Potatoes Mashed Butternut Squash Coleslaw Watermelon Wedges Milk	27 Orzo Stuffed Peppers Whole Wheat Bread Chickpea Salad with Tomatoes and Parsley Orange Milk
30 CENTER CLOSED MEMORIAL DAY HOLIDAY	31 Vegetable Soup Butternut Squash Mac and Cheese Whole Wheat Bread Roasted Zucchini Tossed Salad with Dressing Nectarine Milk		Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.	NO RESERVATION REQUIRED EXCEPT FOR SPECIAL CELEBRATIONS (*) MENU SUBJECT TO CHANGE WITHOUT

Funded in part by the NYC Department for the Aging