



CENTER FOR AGELESS LIVING

2600 Netherland Avenue, Bronx, NY 10463
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Lunch Menu
AUGUST 2024
Soul Food Wednesdays

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Meatloaf Adobo Spiced Cauliflower, Zucchini, and Carrots Pineapple Whole Wheat Bread 1% Low Fat Milk Alt: Veggie Burger	2 Salmon Burger French Fries Coleslaw Apple Hamburger Bun 1% Low Fat Milk Alt: Tuna Fish
5 Baked Spaghetti w/ Chicken Sausage Sautéed Green Beans Apple Whole Wheat Bread 1% Low Fat Milk ALT: Boiled Egg	6 Beef Fajitas Seasoned Rice Garden Salad Pita Bread 1% Low Fat Milk ALT: Veggie Burger	7 Soul Food Wednesdays Oven Fried Chicken Candied Yams Mac and Cheese Orange Biscuits 1% Low Fat Milk ALT: Egg Salad	8 Comforting Lentil and Bean Chili Russian Tomato Salad Frozen Mango Whole Wheat Bread 1% Low Fat Milk Jell-O ALT: Veggie Burger	9 Jerk Fish Sautéed Spinach Potato Salad Whole Wheat Bread Bananas 1% Low Fat Milk ALT: Tuna Fish
12 Sweet Potato and Carrot Soup Cheese Ravioli Mixed Vegetables Whole Wheat Dinner Roll Apple 1% Low Fat Milk ALT: Veggie Burger	13 Deluxe Cheeseburger Corn on the Cobb Coleslaw Hamburger Bun Grapes 1% Low Fat Milk ALT: Veggie Burger	14 Soul food Wednesdays Meatloaf Veggie Rice Tossed Salad Honeydew Whole Wheat Bread 1% Low Fat Milk ALT: Veggie Burger	15 Butternut Squash Soup Hawaiian Chickpeas California Blend Vegetables Watermelon Whole Wheat Bread 1% Low Fat Milk ALT: Veggie Burger	16 Filet of Fish Whole Wheat Sandwich Roasted Potatoes and Vegetables Tangerines Hamburger Bun 1% Low Fat Milk ALT: Tuna Fish
19 Chicken Fajitas Brown Rice w/ Pigeon Peas Blueberries Pita Bread 1% Low Fat Milk ALT: Tuna Fish	20 Stuffed Shells Garden Salad Cantaloupe Whole Wheat Bread 1% Low Fat Milk ALT: Veggie Burger	21 Birthday Party Glazed Salmon Wild Rice Vegetable Medley Mixed Berries Biscuits 1% Low Fat Milk ALT: Egg Salad	22 Rasta Pasta Italian Blend Vegetables Frozen Mango Whole Wheat Dinner Roll 1% Low Fat Milk ALT: Veggie Burger	23 Oven Fried Fish Oriental Blend Vegetables Tangerines Corn Muffin 1% Low Fat Milk ALT: Tuna Fish
26 Cajun Style White Beans and Greens Arugula Salad w/ Roasted Beets and Carrots Whole Wheat Bread 1% Low Fat Milk Pineapple Juice ALT: Veggie Burger	27 Beef and Broccoli White Rice Italian Green Beans Frozen Mango Whole Wheat Bread 1% Low Fat Milk ALT: Boiled Egg	28 Soul food Wednesdays Smothered Pork Chops Mashed Potatoes Sweet Corn Pear Whole Wheat Bread 1% Low Fat Milk ALT: Boiled Eggs	29 Vegetable Chicken Soup Tuna Fish Salad Avocado Lettuce and Tomato Fruit Cocktail Whole Wheat Bread 1% Low Fat Milk Apple Juice ALT: Veggie Burger	30 Labor Day Cook In Chicken Kabobs Cheeseburger Sliders Potato Wedges Grilled Vegetables Fruit Salad Slider Buns 1% Low Fat Milk ALT: Tuna Fish