



**CENTER FOR AGELESS LIVING**

2600 Netherland Avenue, Bronx, NY 10463  
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# Lunch Menu

## October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>California Veggie burger</b> <b>Wheat Bread</b> <b>Mixed Vegetables</b> <b>1% LFT Milk</b>	<b>2</b>  <b>C</b> <b>L</b> <b>O</b> <b>S</b> <b>E</b> <b>D</b>	<b>3</b> <b>Chicken Alfredo</b> <b>Baked</b> <b>Vegetable Blend</b> <b>Wheat Bread</b> <b>Fresh Fruits</b> <b>1% LFT Milk</b>
<b>6</b>  <b>C</b> <b>L</b> <b>O</b> <b>S</b> <b>E</b> <b>D</b>	<b>7</b> <b>Stuffed Shells W/</b> <b>Tomato sauce</b> <b>Garden Salad</b> <b>Whole wheat</b> <b>Bread</b> <b>1% LFT Milk</b> <b>Apple</b>	<b>8</b> <b>Cheese Rollatini</b> <b>Italian Medley</b> <b>Garden Salad</b> <b>Wheat Bread</b> <b>1% LFT Milk</b> <b>Fruits</b>	<b>9</b> <b>Teriyaki Pork Ten-</b> <b>derloin</b> <b>Spanish Rice</b> <b>String Beans</b> <b>1% LFT Milk</b>	<b>10</b> <b>Mediterranean</b> <b>Baked Sole</b> <b>Broccoli</b> <b>White Rice</b> <b>1% LFT Milk</b>
<b>13</b> <b>Loaded Baked</b> <b>Potato</b> <b>w/ Sour Cream</b> <b>Succotash</b> <b>Whole Wheat</b> <b>Bread</b> <b>1% LFT Milk</b>	<b>14</b> <b>Spanish Rice</b> <b>Baked Chicken</b> <b>Sweet Plantains</b> <b>Vegetable Medley</b> <b>Wheat bread</b> <b>1% LFT Milk</b>	<b>15</b> <b>Tomato Basil Soup</b> <b>Spinach Stuffed</b> <b>Fish</b> <b>Cucumber Dill Salad</b> <b>Whole Wheat Bread</b> <b>1% LFT Milk</b>	<b>16</b> <b>Chicken Soup</b> <b>Tuna fish Salad</b> <b>Wrap</b> <b>Lettuce &amp; Tomato</b> <b>Fruit Cocktail</b> <b>Whole Wheat</b> <b>Bread</b>	<b>17</b> <b>Beef Stew w/</b> <b>White rice</b> <b>Broccoli</b> <b>Wheat bread</b> <b>1% LFT Milk</b>
<b>20</b> <b>Vegetable</b> <b>Quesadilla</b> <b>Caesar's salad</b> <b>Wheat Bread</b> <b>1% LFT Milk</b>	<b>21</b> <b>BBQ Chicken Leg</b> <b>Macaroni Salad</b> <b>Roasted Vegeta-</b> <b>bles</b> <b>Wheat Bread</b> <b>1% LFT Milk</b>	<b>22 Birthday Party</b> <b>Lemon Garlic Baked</b> <b>Fish</b> <b>Sautee Spinach w/</b> <b>Lemon Vinaigrette</b> <b>Zucchini</b>	<b>23</b> <b>Roasted Turkey</b> <b>Breast w/Gravy</b> <b>Egg Noodles</b> <b>Sweet Potato</b> <b>Whole Wheat</b> <b>Bread</b>	<b>24</b> <b>Stuffed Peppers</b> <b>Baked Potato</b> <b>Vegetable blend</b> <b>Wheat Bread</b> <b>1% LFT Milk</b>
<b>27</b> <b>Chickpea Of the</b> <b>Sea w/ Pita Bread</b> <b>Garden Salad</b> <b>Wheat Bread</b> <b>1% LFT Milk</b>	<b>28</b> <b>Brown Stew Chick-</b> <b>en</b> <b>White Rice w/</b> <b>Peas &amp; Carrots</b> <b>Wheat Bread</b> <b>1% LFT Milk</b>	<b>29</b> <b>Turkey Meatloaf</b> <b>Red Roasted Potato</b> <b>Mixed Vegetables</b> <b>Wheat bread</b> <b>1% LFT Milk</b>	<b>30</b> <b>Jerk Fish</b> <b>Vegetable Rice</b> <b>Cesar's Salad</b> <b>Wheat Bread</b> <b>1% LFT Milk</b>	

Funded in part by the NYC Department for the Aging  
Menu Subject to Change