



CENTER FOR AGELESS LIVING

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

Monday

Tuesday

MENU
FEBRUARY 2023

Wednesday



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Thursday

Friday

MENU SUBJECT TO CHANGE WITHOUT NOTICE.	<div>.....</div> <div>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</div> <div>.....</div>	1 Groundhog Day Salisbury Steak Whole Wheat Bread Baked Potato Sautéed String Beans Canned Mandarin Oranges Low Fat Milk	2 Clam Chowder Vegetable Lasagna Whole Wheat Bread Creamy Cucumber and Dill Salad Cantaloupe Low Fat Milk	3 Baked Flounder Whole Wheat Bread Glazed Sweet Potatoes Mixed Green Salad Applesauce Low Fat Milk
6 Broccoli and Potato Soup Chicken Stir Fry with Vegetables Brown Rice Whole Wheat Bread Steamed Broccoli Apple Juice Fruit Cocktail Low Fat Milk	7 Baked Vegetable Alfredo Pasta Whole Wheat Bread Garden Salad Strawberries Low Fat Milk	8 Oven Fried Chicken Collard Greens Sweet Potatoes Whole Wheat Bread Peaches Low Fat Milk	9 BBQ Chicken Legs Quarters Baked Macaroni and Cheese Whole wheat Bread Braised Collard Greens Canned Mandarin Oranges Low Fat Milk	10 Fillet of Fish Sandwich Sweet Potato Fries Tossed Salad Fruited Jell-O Low Fat Milk
13 Eggplant Parmesan Whole Wheat Bread Steamed Spinach Blackberries Low Fat Milk	14 VALENTINE DAY Flank Steak Garlic Mash Roasted Brussel Sprouts Mixed Green Salad Low Fat Milk	15 Broccoli Cheese Quesadilla Pasta Salad Whole Wheat Bread Brussels Sprouts Pineapple Juice Low Fat Milk	16 Beef and Cheese Lasagna Whole Wheat Bread Tomato and Cucumber Salad with Dressing Grapes Low Fat Milk Italian Dressing	17 Creamy Vegetable Soup Baked Korean Chicken Wings Chinese Style Spaghetti Whole Wheat Bread Garden Salad Fruited Jell-O Low Fat Milk
20 CENTER CLOSED 	21 Fat Tuesday Chicken Gumbo Orzo Whole Wheat Bread Garden Salad Canned Pineapple Low Fat Milk	22 Ash Wednesday Baked Fish Cilantro Lime Rice Whole Wheat Bread Baby Spinach salad with Lemon Vinaigrette Baked Sweet Potato Cantaloupe Low Fat Milk	23 Turkey Breast with Gravy Black Beans and Rice Bowtie Pasta Whole Wheat Bread Italian cut Green Beans Orange Low Fat Milk Alfredo Sauce	24 Baked Fish Oreganata Rice with Corn Baby Spinach Salad Apple Low Fat Milk
27 Clam Chowder Fillet of Fish Sandwich Baked Red Potato Wedges Cole Slaw Applesauce Low Fat Milk Ketchup	28 BIRTHDAY PARTY Baked Salmon with Cilantro Citrus Sauce Macaroni Salad Green Beans Melon Dinner Rolls Grape Juice Low Fat Milk			