



**CENTER FOR AGELESS LIVING**

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

**Lunch Menu**  
**February 2024**  
**Celebrating Thai Flavor on Wednesdays**

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Yankee Pot Roast Brown Rice Steamed Carrots Apple Whole Wheat Bread 1% Low Fat Milk</p>	<p>2 Lemon Salmon Macaroni Salad Steamed Spinach Banana Dinner Roll 1% Low Fat Milk</p>
<p>5 Minestrone Soup Baked Falafel Balls Tabbouleh with Chickpeas Pita Bread Orange 1% Low Fat Milk Tahini Sauce</p>	<p>6 Beef and Peppers Cucumber Dill Salad Pear Whole Wheat Bread 1% Low Fat Milk</p>	<p>7 <b>Black History Month Celebration</b>  BBQ Chicken Candied Yams Sauteed Cabbage Cornbread Honeydew Melon 1% Low Fat Milk Grape Juice Apple Pie</p>	<p>8 Roasted Chicken Legs Scalloped Potatoes Creamed Spinach Honeydew Whole Wheat Bread 1% Low Fat Milk</p>	 <p>Garlic Butter Cod Pasta Salad Broccoli Pasta Salad Vegetable Spring Rolls Grapes Garlic Bread 1% Low Fat Milk</p>
<p>12 Hearty Coconut Curry Red Lentil Soup Breaded Chicken Patty Broccoli w/ Toasted Garlic Frozen Berries Whole Wheat Bread 1% Low Fat Milk</p>	<p>13  Shepard's Pie Tomato and Cucumber Salad Fresh Strawberries Whole Wheat Bread 1% Low Fat Milk</p>	<p>14  <i>Thai Basil Chicken</i> <i>Seasoned Yellow Rice</i> <i>Sauteed Green Beans</i> <i>Apple</i> <i>Whole Wheat Bread</i> 1% Low Fat Milk</p>	<p>15 Turkey Meatballs Whole Wheat Spaghetti w/ Marinara Sauce Fruit Salad Garlic Bread 1% Low Fat Milk</p>	<p>16 Baked Fish w/ Mango Salsa Mixed Vegetables Banana Whole Wheat Bread 1% Low Fat Milk</p>
<p>19 <b>HOLIDAY CENTER CLOSED</b></p>	<p>20 Braised Beef Brown Rice w/ Kidney Beans Mixed Green Salad Plum Raisins Whole Wheat Bread 1% Low Fat Milk</p>	<p>21 <b>THAI WEDNESDAYS</b> <i>Sticky Thai Meatball's</i> <i>Sesame Noodles</i> <i>Garden Salad</i> <i>Pear</i> <i>Whole Wheat Bread</i> 1 % Low Fat Milk</p>	<p>22  <i>Glazed Salmon</i> <i>Sweet Potatoes</i> <i>Roasted Broccoli</i> <i>Oranges</i> <i>Breadsticks</i> 1% Low Fat Milk</p>	<p>23 Chicken Barley and Vegetable Soup Cheese Ravioli Beets and Baby Carrots with Dill Orange Cheesy Texas Toast 1% Low Fat Milk</p>
<p>26 Butternut Squash Soup Ground Beef and Orzo Stuffed Peppers California Blend Vegetables Applesauce Whole Wheat Bread 1% Low Fat Milk</p>	<p>27 Pinto Bean Stew Italian Blend Vegetables Grapes Whole Wheat Bread 1% Low Fat Milk</p>	<p>28 <b>THAI WEDNESDAYS</b> <i>Thai Shrimp Stir Fry w/Vegetables</i> <i>Fettucine Pasta</i> <i>Steamed Broccoli</i> <i>Honey Dew Melon</i> <i>Whole Wheat Bread</i> 1% Low Fat Milk</p>	<p>29 Creamy Mushroom Soup Chicken Marsala Roasted Potatoes Lima Beans Banana Whole Wheat Bread 1% Low Fat Milk</p>	<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</p>