

RSS: Center for Ageless Living MENU AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Fish with soy Sauce California Blend vegetable Apple Whole Wheat Bread Milk	3 Beef & Turkey Meatloaf with Mushroom Gravy Brussels Sprouts Canned Mandarin Oranges Whole Wheat Bread Milk	4 Baked Asia Style Honey Chicken Baked Brown Rice Pilaf Asian Cabbage Banana Whole Wheat Bread Milk	5 Eggplant Parmesan Garlic Bread Steamed Kale Apple Orange Juice Milk	6 STAFF IN
9 Fricassee of Chicken Garlic Mashed Potatoes Italian Blend Vegetables Orange Whole Wheat Bread Milk	10 Baked Ziti With Ricotta Sautéed String Beans Cantaloupe Milk	11 Hungarian Goulash with Beef Egg Noodles Vegetable Mix Fruit Cocktail Whole Wheat Bread Milk	12 Baked Breaded Fish Baked Potatoes Steamed Broccoli Apple Juice Canned Pears Whole Wheat Bread Milk	13 STAFF IN
16 Beef & Broccoli Baked Brown rice Pilaf Italian Cut Green Beans Orange Whole Wheat Bread Milk	17 Fish with Creole Sauce Baked Potatoes Collard Greens Canned Mandarin Oranges Whole Wheat Bread Milk	18 Turkey Burger Roasted Sweet Potato Fries Roasted Zucchini Sliced Canned Peached Whole Wheat Bread Milk	19 Garlic Chicken Meatballs Roasted Broccoli Apple Orange Pineapple Juice Whole Wheat Bread Milk	20 STAFF IN
23 Baked Marinated cod Brown Rice with Kidney Beans Capri Blend Vegetables Apple Orange Juice Whole Wheat Bread Milk	24 Vegetable Lasagna Roasted Potatoes & Vegetables Steamed Kale Grape Whole Wheat Bread Milk	25 Chicken Fricassee Cous Cous Garden Salad Canned Mandarin Orange Whole Wheat Bread Milk	26 Egg Salad Bowtie Pasta Italian Cut Green Beans Banana Orange Juice Whole Wheat Bread Milk	27 STAFF IN
30 Turkey & Beef Salisbury Steak with Mushroom Gravy Garlic Mashed Potatoes Steamed Spinach Slice Canned Peached Whole Wheat Bread Milk	31 Arroz con Pollo (Chicken Breast and Rice) Baked Sweet Potato Collard Greens Apple Canned Pears Whole Wheat Bread Milk	Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.	RESERVATION REQUIRED Call 718-884-5900 ext. 23	Alternate Veggie Burger Call before 11:00 am