



CENTER FOR AGELESS LIVING

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

Lunch Menu
September 2024
Soup and Sandwich Wednesdays

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Center Closed</p> 	<p>3 Beef and Cheese Lasagna Broccoli w/Toasted Garlic Orange Whole Wheat Biscuit 1 % Low Fat Milk</p>	<p>4 Soup and Sandwich Wednesdays Gazpacho Chickpea of the Sea Tuna Salad Corn, Black Bean, and Pepper Salad Crudité and Hummus Peaches Whole Wheat Bread</p>	<p>5 Chicken Thighs and Rice Mexican Style Refried Pinto Beans Mixed Green Salad Blueberries Whole Wheat Bread 1% Low Fat Milk</p>	<p>6 Coconut Curried Fish Honey Garlic Roasted Cauliflower Apple Whole Wheat Bread 1% Low Fat Milk</p>
<p>9 BBQ Chicken Leg Quarters Brussel Sprouts Brown Rice Apple Whole Wheat Bread 1% Low Fat Milk</p>	<p>10 Better than Takeout Dan Dan Noodles Cucumber Chickpea Salad Cantaloupe Whole Wheat Bread 1 % Low Fat Milk</p>	<p>11 Soup and Sandwich Wednesdays Tomato Basil Soup Grilled Mozzarella and Tomato Sandwich Pear Whole Wheat Bread 1% Low Fat Milk</p>	<p>12 Turkey Meatloaf Parmesan Rosemary Mashed Potatoes Glazed Carrots Pineapples Whole Wheat Bread 1% Low Fat Milk</p>	<p>13 Salmon Burger French Fries Coleslaw Bananas Whole Wheat Bread 1% Low Fat Milk</p>
<p>16 Baked Spaghetti w/ Sausage Sautéed Green Beans Apple Whole Wheat Bread 1% Low Fat Milk</p>	<p>17 Beef Fajitas Adobe Spiced Cauliflower, Zucchini and Carrots Grapes Whole Wheat Bread 1% Low Fat Milk</p>	<p>18  Birthday Party Glazed Salmon Baked Sweet Potatoes Mac and Cheese Strawberries Whole Wheat Bread 1% Low Fat Milk</p>	<p>19 Comforting Lentil and Bean Chili Russian Tomato Salad Frozen Mango Fruit Jell-O Whole Wheat Bread 1% Low Fat Milk</p>	<p>20 Jerk Fish Potato Salad Sautéed Spinach Tangerines Whole Wheat Bread 1% Low Fat Milk</p>
<p>22 & 23 RSS 50th Celebration Tuna, Vegetable and Turkey Boxed Lunches Bottled Water Apple Slices</p>	<p>24 Deluxe Cheeseburger w/ Onions Corn on the Cobb Roasted Sweet Potato Fries Grapes Whole Wheat Hamburger Bun 1% Low Fat Milk</p>	<p>25 Soup and Sandwich Wednesdays Clam Chowder Soup Fillet of Fish Sandwich Roasted Potatoes and Vegetable Tangerines Hamburger Bun 1% Low Fat Milk *Tarter Sauce*</p>	<p>26 Hawaiian Chickpeas California Blend Vegetables Watermelon Wedges Whole Wheat Bread 1% Low Fat Milk</p>	<p>27 Spanish chicken w/ Potatoes and Garlic Rice w/ Vegetables Mixed Green Salad Honeydew Whole Wheat Bread 1% Low Fat Milk</p>
<p>30 Rasta Pasta Italian Blend Vegetables Frozen Mango Garlic Bread 1% Low Fat Milk</p>				