



CENTER FOR AGELESS LIVING

2600 Netherland Avenue, Bronx, NY 10463
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Lunch Menu
July 2024
Mexican Cuisine Wednesdays

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Sweet Potato and Carrot Soup Cheese Ravioli w/ Tomato Sauce Mix Vegetables Apple Whole Wheat Dinner Roll 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>2 Spanish Chicken w/ Potatoes and Garlic Mixed Green Salad Rice w/ Vegetables Honey Dew Melon Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>3 4TH OF JULY COOK-IN Deluxe Cheeseburger Corn on the Cobb Roasted Sweet Potato Fries Grapes Hamburger Bun 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>4 CENTER CLOSED</p> 	<p>5 CENTER CLOSED</p> 
<p>8 Beef Pot Roast Quinoa w/ Kale and Carrots Okra w/ Tomatoes Blueberries 1% Low Fat Milk</p> <p>ALT: Tuna Fish</p>	<p>9 Stuffed Shells w/ Tomato Sauce Garden Salad Cantaloupe Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>10 Mexican Wednesdays Chicken Fajitas Arroz Gandules Broccoli and Red Peppers Frozen Mixed Berries Whole Wheat Pita 1% Low Fat Milk</p> <p>ALT: Egg Salad</p>	<p>11 Rasta Pasta w/ Sauce Italian Blend Vegetables Papaya Chunks Whole Wheat Roll 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>12 Oven Fried Fish Oriental Blend Vegetables Tangerines Whole Grain Corn Muffin 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>
<p>15 Cajun Style White Beans and Greens Arugula Salad w/ Roasted Beets and Carrots Plums Pineapple Juice Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>16 <i>Beef and Broccoli</i> <i>Perfect White Rice</i> <i>Green Beans</i> <i>Mango</i> Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Boiled Eggs</p>	<p>17 Mexican Wednesdays Mexican Style Pork Chops Mexican Corn Garden Salad Orange Biscuits 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>18 Vegetable Chicken Soup Tuna Fish Salad Avocado Lettuce and Tomato Fruit Cocktail Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>19 Baked Fish a la-Russe Potato Wedges Mixed Green Salad Banana Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Tuna Fish</p>
<p>22 Black Bean Soup Brown Stew Chicken Cabbage w/ Shredded Carrots Frozen Mixed Berries Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>23 <i>Beef and Cheese</i> <i>Lasagna</i> <i>Broccoli w/ Toasted Garlic</i> <i>Orange</i> Whole Wheat Dinner Roll 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>24 Mexican Wednesdays Mexican Chicken Thighs and Rice Refried Pinto Beans Mixed Green Salad Blueberries Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Egg Salad</p>	<p>25  <i>Baked Salmon</i> <i>Candied Yams</i> <i>Green Beans</i> <i>Pear</i> Dinner Roll 1% Low Fat Milk</p> <p>ALT: Tuna Fish</p>	<p>26 Coconut Curried Fish Honey Garlic Roasted Cauliflower Apple Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Tuna Fish</p>
<p>29 BBQ Chicken Legs Crispy Brussel Sprouts w/ Onions Parmesan Roasted Mashed Potatoes Applesauce Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>30 Chinese Dan Dan Noodles Cucumber Chickpea Salad Cantaloupe Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Veggie Burger</p>	<p>31 Mexican Wednesday Steak and Onions White Rice Cucumber Salad Pear Whole Wheat Bread 1% Low Fat Milk</p> <p>ALT: Boiled Eggs</p>	<p>Meals are chosen from the DFTA pre-approved menu Database, which provide a nutritionally balanced diet</p>	