



CENTER FOR AGELESS LIVING

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

MENU
AUGUST 2022



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Monday

Tuesday

Wednesday

Thursday

Friday

1 Arroz con Pollo Chicken Breast and Rice Baby Spinach Salad Spiced Sweet Potatoes Whole Wheat Bread Baked Apple Milk	2 Baked Macaroni and Cheese Braised Collard Greens Stewed Tomatoes Whole Wheat Bread Banana Milk	3 Baked Fish Marsala with Mushrooms Beet Salad Roasted Brussels Sprouts Whole Wheat Bread Honeydew Milk	4 Veggie Burger Macaroni Salad Peas & Carrots Whole Wheat Bread Pineapple Milk	5 Egg Salad Lite With Lettuce Southwestern Quinoa Salad Cucumber & Tomato Salad Whole Wheat Bread Watermelon Milk
8 Fettucine Alfredo with Steamed Broccoli Whole Wheat Bread Orange Milk	9 Balsamic Chicken Thighs Rice and Beans Okra with Tomatoes Whole Wheat Bread Apple Milk	10 Tuna Fish Salad Carrot, Apple, Raisin Salad Couscous with Green Pea Salad Whole Wheat Bread Banana Milk	11 Southwest Sweet Potato Chickpea Delight Barley, Corn and Black Bean Salad Normandy Blend Whole Wheat Bread Kiwi Milk	12 Baked Whiting Fish Fillets Quinoa with Kale and Carrots Baby Spinach Salad Whole Wheat Bread Banana Milk
15 Black Bean Soup Vegetable Quesadilla Cous Cous Sauté Vegetables Whole Wheat Bread Peach Milk	16 Lentil Soup Chicken Salad Tossed Salad Potato Salad Whole Wheat Bread Apple Milk	17 Baked Fish with Lemon Garlic Butter Sauce Israeli Salad Whole Wheat Bread Pear Milk	18 Baked Chicken Quarters Baked Potatoes Mashed Butternut Squash Whole Wheat Bread Kiwi Milk	19 Orzo Stuffed Peppers Chickpea Salad with Tomatoes and Parsley Whole Wheat Bread Orange Milk
22 Baked Fish with Garlic Sauce Yellow Rice Broccoli with Toasted Garlic Whole wheat Bread Honeydew Milk	23 Vegetable Soup Butternut Squash Mac and Cheese Roasted Zucchini Tossed Salad with Dressing Whole Wheat Bread Nectarine Milk	24 Chicken Parmesan Linguine Roasted Vegetables Whole Wheat Bread Peach Milk	25 BIRTHDAY PARTY Honey Soy Glazed Salmon Coconut Rice Sautéed Garlic Green Beans Whole Wheat Bread Orange Milk	26 BBQ Chicken Mac & Cheese Collard Greens with Smoked Turkey Whole Wheat Bread Orange Milk
29 Creamy Tomato and Rice Soup Baked Asian Style Honey Chicken Brown Rice Sautéed Spinach Whole Wheat Bread Banana Milk	30 Tuna Niçoise Salad Chickpea Salad with Dill Mushroom, Red Pepper and Onion Sauté Whole Wheat Bread Cantaloupe Milk	31 Baked Ziti with Beef Meatballs Broccoli and Red Peppers Egg Noodles Whole Wheat Bread Kiwi Milk	<div>.....</div> <div>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</div> <div>.....</div>	MENU SUBJECT TO CHANGE WITHOUT NOTICE. RESERVATION REQUIRED Call 718-884-5900 ext. 10