



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

RIVERDALE SENIOR SERVICES, INC. MENU OCTOBER 2019



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"> Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet. </p>	<p>1 Balsamic Chicken Thighs Wild Rice Baby Spinach Salad Orang Pineapple Juice Sliced Canned Peaches</p>	<p>2 Lentil Soup Whole Wheat Vegetable Lasagna Whole Wheat Bread Mixed Green Salad Banana</p>	<p>3 Beef and Broccoli Brown Rice Whole Wheat Bread Baby Carrots with Parsley Applesauce Orang Pineapple Juice</p>	<p>4 Baked Chicken Quarters Baked Red Potato Wedges Whole Wheat Bread Brussel Sprouts Canned Pineapple</p>
	<p>7 Beef and Turkey Meatloaf with Mush- room Gravy Egg Noodles Whole Wheat Bread Sautéed String Beans Apple Juice Fruit Cocktail</p>	<p>8 Chicken Stew and Rice Whole Wheat Bread Tossed Salad with Dressing Baked Apple with Honey Yom Kippur</p>	<p>9 Nice Vegetable Soup Baked Fish with Black Bean Sauce Whole Wheat Bread Yellow Plantains Steamed Spinach with Soy Sauce Apple Sauce</p>	<p>10 Baked Asian Style Home Chicken Baked Brown Rice Green Bean Sautee Whole Wheat Bread Orange</p>
<p>14 Coconut Curried Cod Fish Rice with Vegetables Whole Wheat Bread Steamed Broccoli Apple Juice Canned Mandarin Oranges</p>	<p>15 Chicken Caprese Kasha Whole Wheat Bread Steamed Spinach Orange</p>	<p>16 Beef Pot Roast Homemade Mashed Potatoes Whole Wheat Bread Zucchini with Onions and Peppers Orange Pineapple Juice Slice Canned Peaches</p>	<p>17 Smothered Pork Chops Mashed Sweet Potatoes Whole Wheat Bread Oriental Blend Applesauce Grape Juice</p>	<p>18 Chicken Meatballs with Carrot Sauce Spaghetti Whole Wheat Bread Collard Greens Apple Juice Frozen Mixed Berries</p>
<p>21 Chicken Fricassee Quinoa with Kale and Carrots Whole Wheat Bread California Blend Vegetables Fruit Cocktail Orange Pineapple Juice</p>	<p>22 Baked Breaded Fish Baked Potatoes Whole Wheat Bread Normandy Blend Banana Grape Juice</p>	<p>23 Beef and Turkey Meatloaf with Mushroom Gravy Smashed Red Potatoes Whole Wheat Bread Steamed Broccoli Apple</p>	<p>24 Soup Chicken Chasseur Rice Pilaf Roasted Vegetables Whole Wheat Bread International Dessert International Day</p>	<p>25 Jumbo Stuffed Shells with Spinach Whole Wheat Bread Mixed Green Salad Applesauce Grape Juice</p>
<p>28 Chicken and Broccoli Stir Fry Brown Rice Whole Wheat Bread Baby Spinach Salad Orange Pineapple Juice Slice Canned Peaches</p>	<p>29 Baked Salmon with Lemon Tarragon and Thyme Barley Corn and Black Bean Salad Broccoli with Toasted Garlic Frozen Mixed Berries Whole Wheat Rolls Apple Juice Cake/Ice Cream</p>	<p>30 Eggplant Parmesan Bowtie Pasta Whole Wheat Bread Steamed Kale Canned pineapple Grape Juice</p>	<p>31 Black Bean Soup Chicken Shawarma (Oven Roasted) Home Fires with Peppers and Onions Whole Wheat bread Mixed Green salad Orange</p>	<p style="text-align: center;"> RSS Offers Alternate Lunch <ul style="list-style-type: none"> • Tuna Salad • Eggs • Veggie Burger • Or Other Alternate Call the Office To Place Your Order by 11:30 & Please do not change your order! </p>