



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

RIVERDALE SENIOR SERVICES, INC. MENU MARCH 2020



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Baked Fish with Garlic Sauce Egg Noodles Whole Wheat Bread Brussel Sprouts Apple Juice Fruit Cocktail</p>	<p>3 Chicken and Broccoli Stir Fry Brown Rice Whole Wheat Bread Baby Spinach Salad Orange Pineapple Juice Slice Canned Peaches</p>	<p>4 Black Bean Soup Eggplant Parmesan Bowtie Pasta Whole Wheat Bread Steamed Kale Canned pineapple Grape Juice</p>	<p>5 Chicken Shawarma (Oven Roasted) Home Fires with Peppers and Onions Whole Wheat bread Mixed Green salad Orange</p>	<p>6 Hungarian Goulash with Beef Egg Noodles Whole Wheat Bread Steamed Spinach Canned Pears Orange Pineapple Juice</p>
<p>9 Turkey Meatloaf with Mushroom Gravy Smashed Mixed Potatoes and Cauliflower Whole Wheat Bread Baby Carrots with Parsley Orange</p>	<p>10 Fish with Creole Sauce Rice with Vegetables Whole Wheat Bread Broccoli with Toasted Garlic Orange Pineapple Juice Slice Canned Peaches</p>	<p>11 Baked Ziti with Meat Sauce Whole Wheat Bread Garden Salad Fruit Cocktail Orange Pineapple Juice</p>	<p>12 Chicken and Broccoli Stir Fry Brown Rice with Mushrooms Whole Wheat Bread Oriental Blend Banana</p>	<p>13 Stuffed Peppers with Turkey Whole Wheat Bread Roasted Eggplant Steamed Cauliflower Apple Juice Sliced Canned Peaches</p>
<p>16 Baked Fish with Garlic Bowtie Pasta with Kasha Italian Blend Vegetable Orange</p>	<p>17 ST. PATRICKS' DAY Irish Beef Stew Egg Noodles Baby Spinach Salad Orange Pineapple Juice Sliced Canned Peaches</p> 	<p>18 Lentil Soup Whole Wheat Vegetable Lasagna Whole Wheat Bread Mixed Green Salad Banana</p>	<p>19 Beef and Broccoli Brown Rice Whole Wheat Bread Baby Carrots with Parsley Applesauce Orange Pineapple Juice</p>	<p>20 Baked Chicken Quarters Baked Red Potato Wedges Whole Wheat Bread Brussel Sprouts Canned Pineapple</p>
<p>23 Beef and Turkey Meatloaf with Mushroom Gravy Egg Noodles Whole Wheat Bread Sautéed String Beans Apple Juice Fruit Cocktail</p>	<p>24 BIRTHDAY PARTY Baked Salmon with Lemon Tarragon and Thyme Barley, Corn & Black Bean Salad Broccoli with Toasted Garlic Frozen Mixed Berries Cake/Ice Cream</p>	<p>25 Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Tossed Salad with Dressing Orange</p>	<p>26 Ginger Garlic Beef Stew Homemade Mashed Potatoes Whole Wheat Bread Broccoli and Red Peppers Canned Pears Grape Juice</p>	<p>27 Black Bean Soup Chicken Chasseur Apple and Walnut Stuffing Whole Wheat Bread Capri Blend Vegetables Orange Pineapple Juice Sliced Canned Peaches</p>
<p>30 Tuna Noodle Casserole Baby Spinach Salad Roasted Potatoes and Vegetables Whole Wheat Bread Canned Pineapple</p>	<p>31 Beef & Turkey Meatloaf with Mushroom Gravy Brussels Sprouts Baked Potato with Cheddar Cheese Whole Wheat Bread Canned Mandarin Orange Apple Juice</p>	<p>SUNDAY MARCH 15TH 11-3 CENTER OPEN Corn Beef & Cabbage Boiled Potatoes Soda Bread Fruit-Jell-O</p> 	<p>RSS Offers Alternate Lunch</p> <ul style="list-style-type: none"> • Tuna Salad • Eggs • Veggie Burger • Or Other Alternate <p>Call the Office To Place Your Order by 11:30 & Please do not change your order!</p>	<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</p>