RIVERDALE SENIOR SERVICES
FUNDED IN PART BY NYC Department for the Aging
CENTER FOR AGELESS LIVING

LUNCH MENU
NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 (PLANT-BASED)	**3**	**4**	**5**	**6 (Men's Health-Movember)**
Lemon-Thyme Carrot Soup Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Whole Wheat Bread Garden Salad Fresh Pineapple 1% Low Fat Milk	Butternut Squash Soup Baked Chicken Thighs Rice & Beans Whole Wheat Bread Vegetable Mix Cantaloupe 1% Low Fat Milk	Classic Italian Wedding Soup Beef Meatloaf w/ Mushroom Gravy Cornbread Roasted Potatoes Sautéed Zucchini Tangerines 1% Low Fat Milk	Chicken Noodle Soup Chicken Marsala Whole Wheat Bread Yellow Rice Italian Blend Vegetables Apple 1% Low Fat Milk	Split Pea Soup Baked Fish Oreganata Garlic Mashed Potatoes Whole Wheat Bread Spiced Mixed Vegetables Grapes 1% Low Fat Milk
9	**10 (Diabetes Awareness)**	**11**	**12 (PLANT-BASED)**	**13 (Brain Health)**
Split Pea Soup Easy Chicken Salad Wrap Lettuce & Tomato Normandy Blend Orange 1% Low Fat Milk	Chicken Noodle Soup Grandma's Baked Eggplant Parmesan Whole Wheat Bread Vegetable Mix Cantaloupe 1% Low Fat Milk	CENTER CLOSED IN OBSERVANCE OF VETERANS DAY 	Butternut Squash Soup Traditional Whole Wheat Bean Burrito Whole Wheat Bread Garden Salad Tangerines 1% Low Fat Milk	Classic Italian Wedding Soup Baked Fish w/ Cream Corn Sauce Mashed Sweet Potatoes Whole Wheat Bread Bangladeshi Style Mixed Vegetables Strawberries 1% Low Fat Milk
16 (Go Teal)	**17 (PLANT-BASED)**	**18 (BIRTHDAY PARTY)**	**19 (Intergenerational Day) (RSS/Horace Mann)**	**20**
Alzheimer's Awareness Month Classic Italian Wedding Soup Baked Chicken Quarters Savory Rice & Chickpeas Whole Wheat Bread Steamed Broccoli Orange 1% Low Fat Milk	Butternut Squash Soup Chili-Lime Black Bean Salad Brown Rice Whole Wheat Bread Vegetable Mix Apple 1% Low Fat Milk	Lemon-Thyme Carrot Soup  Baked Salmon w/ Cilantro Citrus Sauce Whole Wheat Bread Garlic Mashed Potatoes Spinach Salad w/ Black Beans Grapes 1% Low Fat Milk	Chicken Noodle Soup Turkey Meatloaf Garlic Mashed Potatoes Whole Wheat Bread Caesar Salad Applesauce 1% Low Fat Milk	Split Pea Soup Baked Fish w/ Lemon Garlic Butter Sauce Sautéed Sweet Potatoes Whole Wheat Bread Italian Blend Vegetables Banana 1% Low Fat Milk
23	**24 (Thanksgiving Meal)**	**25**	**26**	**27**
Chicken Noodle Soup Beef Hamburger Baked Fries Whole Wheat Bread Corn on the Cob w/ Chili Lime Butter & Cotija Cantaloupe 1% Low Fat Milk	Butternut Squash Soup Turkey Breasts w/ Gravy & Cranberry Sauce Mac & Cheese Cornbread Sweet Potato Pie Grapes 1% Low Fat Milk 	Lemon-Thyme Carrot Soup Baked Chicken Breasts Roasted Sweet Potato Slices Whole Wheat Bread California Blend Vegetables Applesauce 1% Low Fat Milk	CENTER CLOSED IN OBSERVANCE OF THANKSGIVING 	CENTER CLOSED IN OBSERVANCE OF THANKSGIVING 
30	**1 (PLANT BASED)**	**2**	**3**	**4**
Classic Italian Wedding Soup Classic Chicken Cacciatore Whole Wheat Pasta Italian Blend Vegetables Orange 1% Low Fat Milk	Butternut Squash Soup Whole Wheat Quesedilla w/ Cheddar, Black Beans & Vegetables Brown Rice Garden Salad Apple 1% Low Fat Milk	Lemon-Thyme Carrot Soup Beef Stroganoff (Dairy Free) Egg Noodles Broccoli & Toasted Garlic Grapes 1% Low Fat Milk	Chicken Noodle Soup Eggplant Parmesan w/ Ricotta Whole Wheat Spaghetti Baby Spinach Salad w/ Kidney Beans & Lemon Vinaigrette Fresh Pineapple 1% Low Fat Milk	Split Pea Soup Baked Fish Oreganata Roasted Potatoes Whole Wheat Bread Spiced Mixed Vegetables Banana 1% Low Fat Milk

MENU SUBJECT TO CHANGE

RSS is a Congregate Meal Site. Meals are intended to be consumed on-site. If a participant chooses to take home an uneaten portion of their meal in their own container, they assume responsibility for the safe handling, storage, and consumption of that food. RSS is not responsible for food taken from the premises.