



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

RIVERDALE SENIOR SERVICES, INC.

MENU OCTOBER 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Flank Steak Baked Potatoes Whole Wheat Bread Broccoli with Toasted Garlic Orange	2 Lentil Soup Fish Cakes with Alfredo Sauce Whole Wheat Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	3 Chicken Fricassee Whole Wheat Bread Collard Greens with Tomato Gape Juice Slice Canned Peaches	4 Beef Meatloaf with Mushroom Gravy Kasha Whole Wheat Bread Steamed Kale Banana	5 BBQ Chicken Leg Quarters Rice Pilaf Sautéed String Beans Apple Juice Canned Pears
8 BBQ Chicken Leg Quarters Rice Pilaf Sautéed String Beans Apple Juice Canned Pears	9 Split Pea Soup Chicken Cacciatore Egg Noodles Whole Wheat Dinner Roll Steamed Spinach Apple Juice Canned Pineapple	10 Turkey Burger Hamburger Bun Whole Wheat Roasted Sweet Potato Fries Sautéed String Beans Applesauce Grape Juice	11 Vegetable Baked Ziti with Whole Wheat Pasta Whole Wheat Dinner Roll Mixed Green Salad Cantaloupe	12 Baked Fish with Soy Sauce Yellow Rice Steamed Kale Banana
15 Turkey Burger Hamburger Bun Whole Wheat Home Fries with Peppers and Onion Garden Salad Canned Mandarin	16 Polish Cabbage Soup Baked Marinated Cod Whole Wheat Bread Kale and Tomato Yellow Plantains Fruit Cocktail Orange Pineapple Juice	17 Orzo Stuffed Peppers Garlic Bread Four Bean Salad Fresh Sliced Tomatoes and Cucumbers Orange	18 Chicken Noodle Soup Broiled Tilapia Parmesan Whole-wheat Bread Roasted Brussels Sprouts Roasted Potatoes Canned Mandarins	19 Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Garden Salads Banana Orange Pineapple Juice
22 Creamy Beef and Mushrooms Sauce Egg Noodle Whole Wheat Bread Roasted Zucchini Cantaloupe	23 A Nice Vegetable Soup Fish with Creole sauce Baked Potatoes Whole Wheat Dinner Roll Mixed Green Salad Apple Juice Canned pears	24 Italian Roast Chicken Rice Pilaf California Blend Vegetables Apple Sauce Orange Pineapple Juice	25 Whole Wheat Vegetable Lasagna Whole Wheat Bread Sautéed String Beans Orange	26 Beef Salisbury Steak with Mushroom Sauce Whole Wheat Bread Smashed Mixed Potatoes and Cauliflower Steamed Spinach Canned Pineapple Grape Juice
29 Garlic Chicken Meatballs Whole Wheat Bread Whole Wheat Spaghetti Broccoli and Red Peppers Applesauce Orange pineapple Juice	30 A Nice Vegetable Soup Ginger and Lime Salmon Brown Rice Brussel Sprouts Apple Juice Sliced Canned Peaches	31 Chicken in Mushroom Gravy Roasted Potatoes Whole Wheat Bread Sautéed Spinach Grapes	<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>