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