



RIVERDALE SENIOR SERVICES

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

# RIVERDALE SENIOR SERVICES, INC. MENU AUGUST 2018



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Monday	Tuesday	Wednesday	Thursday	Friday
Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet	Alternates available daily— You must place your choice no later than 11:30AM	1 Orzo Stuffed Peppers Garlic Bread Asian Cabbage Cantaloupe	2 BBQ Chicken Leg Kasha California Blend Vegetables Orange Pineapple Juice Sliced Peaches	3 A Nice Vegetable Soup Tuna Salad Quinoa with Kale and Carrots Whole Wheat Bread Chickpea Salad with Dill Banana
6 Baked Fish with Garlic Sauce Whole Wheat Bread Baked Red Potato Wedges Green Bean Sauté Canned Pears Orange Pineapple Juice	7 Baked Chicken Thighs Kasha Steamed Broccoli Apple	8 Lemon-Thyme Carrot Soup Pest Pasta with Broccoli Whole Wheat Bread Cabbage with Shredded Carrots Orange Juice Sliced Peaches	9 Beef Meatloaf with Mushroom Gravy Sweet Potatoes With Ginger and Dried Raisin Whole Wheat Bread California Blend Vegetable Cantaloupe	10 Black Bean Soup Chicken Salad Macaroni Salad Corn on the cob Garden Salad Apple Juice Orange
13 Baked Chicken Breast with Yogurt Roasted Sweet Potato Fries Whole Wheat Bread Carrot Apple Raisin Salad	14 Coconut Curried Cod Fish Black Beans and Rice Whole Wheat Bread Broccoli and Red Pepper Salad Cantaloupe	15 Meatloaf with Beef and Pork Barley Whole Wheat Dinner Roll Arugula Salad with Balsamic Vinegar Green Bean Sauté Apple Juice Frozen Mixed Berries	16 Beef and Broccoli Brown Rice Oriental Vegetables Canned Pears	17 Egg Salad lite with Lettuce Tabbouleh with Garbanzo Beans Beet, Arugula and Feta Salad Blue Berries Orange/Pineapple Juice
20 Chicken Cacciatore Egg Noodles Broccoli with Toasted Garlic Grape Juice Sliced Peaches	21 <b>BIRTHDAY PARTY</b> Baked Salmon with Cilantro Citrus Sauce Couscous with Peas and Lemon Whole Wheat Bread Roasted Peppers Spinach and Gorgonzola Salad Apple Juice Sliced Peaches	22 Mushroom Barley Soup Vegetable Ratatouille Whole Wheat Dinner Roll Wild Rice Romaine, Kale, Pepper, Black Olive and Feta Salad Banana	23 BBQ Boneless Beef Ribs Baked Red Potato Wedges Whole Wheat Bread Cabbage Carrot Slaw Applesauce Grape Juice	24 Lentil Soup Tuna Fish Salad Classic Macaroni Salad Whole Wheat Bread Cucumber Tomato Salad Green bean Sauté Apple Orange Pineapple Juice
27 Egg Salad Lite with Lettuce Tabbouleh with Garbanzo Beans Whole Wheat Bread Beet, Arugula and Feta Salad Blueberries Orange Pineapple Juice	28 Stuffed Flounder Baked Sweet Potato Whole Wheat Dinner Roll Kale with Tomato Orange	29 Chicken Fricassee Brown Rice with Mushrooms Whole Wheat Bread Beets and Baby Carrots with Dill Nectarine Orange Juice	30 Baked Marinated Cod Barley Normandy Blend Fruit Cocktail Orange Pineapple Juice	31 Minestrone Soup Turkey Burger Baked Macaroni and Cheese Whole Wheat Bread Broccoli and Red Peppers Orange