



CENTER FOR AGELESS LIVING

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

Lunch Menu
May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
4 Beef Meatloaf with Mushroom Gravy Brown Rice Vegetable Mix Whole wheat bread 1% LFT Milk	5 Mexican Quesadillas Pico de Gallo Sour Cream Rice Whole Wheat bread 1% LFT Milk	6 Baked Chicken Quarters Baked Red Potato Wedges Italian Blend Vegetables Whole wheat Bread 1% LFT Milk	7 Arroz con Gandules Mexican Style Brown Rice with Pigeon Peas Tabbouleh with Chickpeas California Blend Vegetables	8 Baked Sole White Rice Mixed Veg 1% LFT Milk Fruit Salad Whole Wheat Bread
11 Baked Mushroom Chicken Aloo Simla Mirch Potatoes with Green Peppers Broccoli and Red Peppers Whole Wheat Bread	12 Chickpea and Vegetable Curry with Quinoa Mixed Green Salad with Cannellini Beans California Blend Vegetables 1% LFT Milk	13 Beef Stroganoff with Noodles Glazed Sweet Potatoes Capri Blend Vegetables Fruit salad 1% LFT Milk Fruit Salad	14 Chicken Alfredo Penne Vegetable Mix Whole Wheat Bread Fruit Cocktail 1% LFT Milk	15 Baked Fish Marsala with Mushrooms Baked Brown Rice Pilaf Steamed Kale 1% LFT Milk Whole wheat Bread
18 Arroz con Pollo Chicken Breast and Rice Garden Salad with Black Beans Whole Wheat Bread Vegetable Mix	19 All American Loaded Baked Potato Asian Cucumber Salad Fresh Pineapple Whole Wheat Bread 1% LFT Milk	20 Beef Meatballs in Tomato Sauce Whole Wheat Bread Pasta Capri Blend Vegetables Orange	21 Baked Fish Amandine Orzo with Vegetables Zucchini in Tomato Sauce	22 BBQ Chicken Red Mashed Potatoes Broccoli 1% LFT Milk Wheat Bread
25 Center Closed	26 Chickpea of the Sea Tuna Salad Chili-Lime Wild Rice and Black Bean Salad California Blend Vegetables 1% LFT Milk	27 Baked Lemon Salmon Mashed Potatoes Italian Vegetables Whole Wheat Bread 1% LFT Milk	28 Spanish Chicken with Potatoes and Garlic Whole Wheat Bread Rice with Vegetables Mixed Green Salad	29 Oven Fried Fish Roasted Potatoes and Vegetables Whole Wheat Bread 1% LFT Milk Tangerines
				Meals are chosen from the DFTA pre-approved menu Database, which provide a nutritionally balanced diet.

NYC Aging DFTA requires that the center does not have assigned seating and has an open forum.

Funded in part by the NYC Department for the Aging
Menu Subject to Change