



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

RIVERDALE SENIOR SERVICES, INC. MENU FEBRUARY 2020



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Baked Fish with Garlic Bowtie Pasta with Kasha Italian Blend Vegetable Orange</p>	<p>4 Balsamic Chicken Thighs Wild Rice Baby Spinach Salad Orang Pineapple Juice Sliced Canned Peaches</p>	<p>5 Lentil Soup Whole Wheat Vegetable Lasagna Whole Wheat Bread Mixed Green Salad Banana</p>	<p>6 Beef and Broccoli Brown Rice Whole Wheat Bread Baby Carrots with Parsley Applesauce Orang Pineapple Juice</p>	<p>7 Baked Chicken Quarters Baked Red Potato Wedges Whole Wheat Bread Brussel Sprouts Canned Pineapple</p>
<p>10 Beef and Turkey Meatloaf with Mushroom Gravy Egg Noodles Whole Wheat Bread Sautéed String Beans Apple Juice Fruit Cocktail</p>	<p>11 Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Tossed Salad with Dressing Orange</p>	<p>12 Nice Vegetable Soup Baked Fish with Black Bean Sauce Whole Wheat Bread Yellow Plantains Steamed Spinach with Soy Sauce Apple Sauce</p>	<p>13 Ginger Garlic Beef Stew Homemade Mashed Potatoes Whole Wheat Bread Broccoli and Red Peppers Canned Pears Grape Juice</p>	<p>14 Black Bean Soup Chicken Chasseur Apple and Walnut Stuffing Whole Wheat Bread Capri Blend Vegetables Orange Pineapple Juice Sliced Canned Peaches</p>
<p>17 PRESIDENT' DAY HOLIDAY CENTER CLOSED</p> 	<p>18 Chicken Caprese Kasha Whole Wheat Bread Steamed Spinach Orange</p>	<p>19 Beef Pot Roast Homemade Mashed Potatoes Whole Wheat Bread Zucchini with Onions and Peppers Orange Pineapple Juice Slice Canned Peaches</p>	<p>20 Smothered Pork Chops Mashed Sweet Potatoes Whole Wheat Bread Oriental Blend Applesauce Grape Juice</p>	<p>21 Chicken Meatballs with Carrot Sauce Spaghetti Whole Wheat Bread Collard Greens Apple Juice Frozen Mixed Berries</p>
<p>24 Chicken Fricassee Quinoa with Kale and Carrots California Blend Vegetable Whole Wheat Bread Fruit Cocktail Pineapple Juice</p>	<p>25 BIRTHDAY PARTY Baked Salmon in Garlic Butter Sauce Baked Red Potato Wedges Sautéed Spinach Whole Wheat Dinner Roll Orange Cake/Ice Cream</p>	<p>26 Jumbo Stuffed Shells with Spinach Whole Wheat Bread Mixed Green Salad Applesauce Grape Juice</p>	<p>27 Beef and Turkey Meatloaf with Mushroom Gravy Smashed Red Potatoes Whole Wheat Bread Steamed Broccoli Apple</p>	<p>28 Baked Asian Style Honey Chicken Baked Brown Rice Whole wheat Bread Green Bean Sautee Orange</p>
			<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>