RIVERDALE SENIOR SERVICES, INC.
MENU MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
OPEN SATURDAY MARCH 16TH 11:00—3:00 p.m. ST. PATRICKS CELEBRATION LUNCH & SHOW * ***MENU:*** ***CORN BEEF & CABBAGE SODA BREAD***	**Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.**	**RSS Offers Alternate Lunch** • **Tuna Salad** • **Eggs** • **Veggie Burger** • **Or Other Alternate** **Call the Office To Place Your Order by 11:30 & Please do not change your order!**		1 Beef Salisbury Steak with Mushroom Sauce Whole Wheat Bread Smashed Mixed Potatoes and Cauliflower Steamed Spinach Canned Pineapple Grape Juice
4 Garlic Chicken Meatballs Whole Wheat Bread Whole Wheat Spaghetti Broccoli and Red Peppers Applesauce Orange pineapple Juice	5 **FAT TUESDAY** Hunter's Stew (Bigos') Egg Noodles Baby Carrots with Parsley Grape Juice Whole Wheat Bread Orange 	6 **ASH WEDNESDAY** A Nice Vegetable Soup Baked Basa with Creole Sauce Brown Rice Brussel Sprouts Apple Juice Sliced Canned Peaches	7 Chicken in Mushroom Gravy Roasted Potatoes Whole Wheat Bread Sautéed Spinach Grapes	8 Turkey Burger Hamburger Bun Whole Wheat Home Fries with Peppers and Onion Garden Salad Canned Mandarin
11 Chicken Meatballs With Carrot Sauce Whole Wheat Spaghetti Baby Spinach Salad Apple Juice Fruit Cocktail	12 Butternut Squash Soup Baked Fish with Garlic Sauce Wild Rice Brussel Spouts Orange Pineapple Juice Sliced Canned Peached	13 Eggplant Parmesan Bowtie Pasta Garlic Bread Mixed Green Salad Orange	14 Chicken Marsala Smashed Red Potatoes Whole Wheat Bread Steamed Kale Grape Juice	15 Black Bean Soup Lemon Pepper Fish Whole Wheat Bread Yellow Plantains Winter Blend Vegetables Grapes
18 Chicken Fricassee Whole Wheat Bread Collard Greens with Tomato Gape Juice Slice Canned Peaches	19 Lentil Soup Baked Fish with Sauce Whole Wheat Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	20 PURIM Pepper Flank Steak Baked Potatoes Whole Wheat Bread Broccoli with Toasted Garlic Orange 	21 BBQ Chicken Leg Quarters Rice Pilaf Sautéed String Beans Apple Juice Canned Pears	22 Baked Cod with Alfredo Sauce Whole Wheat Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice
25 BBQ Chicken Leg Quarters Rice Pilaf Sautéed String Beans Apple Juice Canned Pears	26 BIRTHDAY PARTY Split Pea Soup Ginger & Lime Salmon Roasted Potatoes Brussels Sprouts Whole Wheat Dinner Roll Steamed Spinach Apple Juice Canned Pineapple 	27 Turkey Burger Hamburger Bun Whole Wheat Roasted Sweet Potato Fries Sautéed String Beans Applesauce Grape Juice	28 Vegetable Baked Ziti with Whole Wheat Pasta Whole Wheat Dinner Roll Mixed Green Salad Cantaloupe	29 Baked Fish with Soy Sauce Yellow Rice Steamed Kale Banana

Funded in part by the NYC Department for the Aging