RIVERDALE SENIOR SERVICES
(PARTLY FUNDED BY NYC AGING)
CENTER FOR AGELESS LIVING

LUNCH MENU
SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Asopao de Pollo (Puerto Rican Chicken Stew) Whole Wheat Roll Baby Spinach Salad with Cannellini Beans and Lemon Vinaigrette (1 svg) Banana 1% Low Fat Milk	1 Beef Hamburger Baked Fries Whole Wheat Bread Corn w/ Chili Lime Butter & Cotija Bangladeshi Style Mixed Vegetables Orange 1% Low Fat Milk	2 (PLANT-BASED) Fried Brown Rice w/ Crispy Tofu & Veggies Cornbread Garden Salad (no dressing) Apple 1% Low Fat Milk	3 Baked Chicken Breasts Roasted Sweet Potato Slices Whole Wheat Bread California Blend Vegetables Applesauce 1% Low Fat Milk	4 (Labor Day BBQ) Chicken Shish-Kebabs Pork BBQ Ribs Corn Medley French Fries Spinach Salad Light Refreshments Cantaloupe *Vegan Alternate: Tofu*
7 Closed in Observance of Labor Day 	8 (PLANT-BASED) Whole Wheat Quesadil-las w/ Cheddar, Black Beans, & Vegetables Brown Rice Garden Salad Apple 1% Low Fat Milk	9 Beef & Potato Pastelon Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas Baby Spinach Salad with Lemon Vinaigrette Grapes 1% Low Fat Milk	10 (Jewish New Year) Eggplant Parmesan w/ Ricotta Whole Wheat Spaghetti Baby Spinach Salad w/ Kidney Beans & Lemon Vinaigrette Strawberries 1% Low Fat Milk	11 Baked Fish Oreganata Roasted Potatoes Whole Wheat Bread Spiced Mixed Vegetables Banana 1% Low Fat Milk
14 Ground Turkey Picadillo Brown Rice Cabbage Carrot Slaw Banana 1% Low Fat Milk	15 Chicken Parmesan Whole Wheat Pasta Roasted Zucchini Cantaloupe 1% Low Fat Milk	16 Birthday Lunch Baked Salmon w/ Cilantro Citrus Sauce Whole Wheat Bread Garlic Mashed Potatoes Baby Spinach Salad w/ Black Beans Grapes 1% Low Fat Milk	17 (PLANT-BASED) Lentil Harvest Shepherd's Pie Whole Wheat Dinner Roll Baby Spinach Salad with Lemon Vinaigrette Orange 1% Low Fat Milk	18 (National Cheeseburger Day) Baked Fish a la Russe Roasted Potatoes Whole Wheat Bread Baby Spinach Salad w/ Kidney Beans & Lemon Vinaigrette Kale Pesto Applesauce 1% Low Fat Milk *Alternate: Cheeseburgers*
21 Baked Chicken Thighs Whole Wheat Bread Rice & Beans Vegetable Mix Cantaloupe 1% Low Fat Milk	22 (PLANT-BASED) Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas Whole Wheat Bread Yellow Plantains Garden Salad Fresh Pineapple 1% Low Fat Milk	23 Baked Ziti with Beef Meatballs Whole Wheat Bread Classic Italian Wedding Soup Vegetable Mix (non-starchy) Tangerines (2) (1 svg) 1% Low Fat Milk	24 Chicken Marsala Whole Wheat Bread Yellow Rice Italian Blend Vegetables Apple 1% Low Fat Milk	25 Baked Fish Oreganata Whole Wheat Bread Garlic Mashed Potatoes Spiced Mixed Vegetables Grapes 1% Low Fat Milk
28 Easy Chicken Salad Wrap Normandy Blend Lettuce & Tomato Applesauce 1% Low Fat Milk	29 Grandma's Baked Eggplant Parmesan Whole Wheat Bread French Fries Baby Spinach Salad w/ Chickpeas & Lemon Vinaigrette Cantaloupe 1% Low Fat Milk	30 Beef Hamburger Whole Wheat Bread French Fries Baby Spinach Salad w/ Chickpeas & Lemon Vinaigrette Tangerines	1 (PLANT-BASED) Traditional Whole Wheat Bean Burrito Whole Wheat Bread Garden Salad Grapes 1% Low Fat Milk	2 Baked Fish w/ Cream Corn Sauce Whole Wheat Bread Mashed Sweet Potatoes Bangladeshi Style Mixed Vegetables Strawberries 1% Low Fat Milk

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