



**CENTER FOR AGELESS LIVING**

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

**Lunch Menu**  
**April 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
	Meals are chosen from the DFTA pre-approved menu Database, which provide a nutritionally balanced diet.	<b>1</b> BBQ Chicken Leg Quarters Roasted Potatoes Whole Wheat Bread Capri Blend Vegetables Cantaloupe 1% LFT Milk	<b>2</b> Whole Wheat Quesadillas w/ Cheddar, Black Beans & Veg California Blend Vegetables Orange 1% LFT Milk	<b>3</b> Baked Fish Marsala w/ Mushrooms Cous Cous Whole Wheat Bread 1% LFT Milk Oriental Blend Veg
<b>6</b> Brown Stew Chicken Brown Rice Whole Wheat Bread Normandy Blend Fruit Salad 1% LFT Milk	<b>7</b> Homemade Burger Baked Fries Whole Wheat Bread Italian Blend Vegetables Cantaloupe 1% LFT Milk	<b>8</b> Baked Ziti Whole Wheat Bread Vegetable Mix Apple 1% LFT Milk Orange	<b>9</b> Coconut Rice & Pigeon Peas Whole Wheat bread Garden Salad w/ kidney Beans Capri Blend Veg 1% LFT Milk	<b>10</b> Baked Fish a la Russe Wheat Bread Yellow Rice Normandy Blend Strawberries 1% LFT Milk
<b>13</b> Whole Wheat Chicken Caesar Wrap Whole Wheat Bread Italian Blend Vegetable Tangerines 1% LFT Milk	<b>14</b> All American Loaded Baked Potato Orzo w/ Vegetables Capri Blend Vegetables 1% LFT Milk	<b>15</b> Tuna & Egg on a bed of Lettuce Baked Macaroni Whole Wheat Bread 1% LFT Milk	<b>16</b> Beef & Broccoli Brown Rice Normandy Blend 1% LFT Milk	<b>17</b> Baked Fish Oreganata Whole Wheat Bread 1% LFT Milk Bangladeshi Veg
<b>20</b> Roasted Turkey Breast Vegetable Mix Baked Potato 1% LFT Milk Apple Whole Wheat Bread	<b>21</b> Hawaiian Chickpeas Whole Wheat Bread California Blend Vegetables Orange 1% LFT Milk	<b>22</b> Baked lemon garlic salmon Rice Pilaf Garden Salad Cantaloupe 1% LFT Milk	<b>23</b> <i>Beef and Cheese Lasagna</i> <i>Tomato Sauce</i> <i>Whole Wheat Bread</i> <i>Broccoli w/ Toasted Garlic</i> 1% LFT Milk	<b>24</b> Oven Baked White Fish Corn Kernels Whole Grain Corn Muffins Oriental Blend Veg 1% LFT Milk
<b>27</b> Chickpea Of the Sea Tuna Salad Corn, Black Bean & Pepper Salad Whole Wheat Bread 1% LFT Milk LFT Yogurt Parfait	<b>28</b> BBQ Chicken Parmesan Rosamary Mashed Potatoes Italian Blend Veg Whole Wheat Bread 1% LFT Milk Applesauce	<b>29</b> Beef Meatloaf Roasted Red Potatoes Cole Slaw Whole Wheat bread 1% LFT Milk Honeydew	<b>30</b> Baked Chicken Wings French Fries Garden Salad Whole Wheat Bread 1% LFT Milk	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