



CENTER FOR AGELESS LIVING

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

Lunch Menu  
August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are chosen from the DFTA pre-approved menu Database, which provide a nutritionally balanced diet.				1 Pita Tuna Wrap Caesar's Salad Wheat Bread 1% LFT Milk Fresh Fruits
4 Plant Base Burger Wheat bread 1% LFT Milk Tangerines Garden Salad	5 Meat Loaf Roasted potato Sautéed Zucchini Wheat Bread 1% LFT Milk	6 Chicken Cacciatore White Rice House Salad 1% LFT Milk Wheat Bread	7 Baked Flounder w/ Butter cream sauce Mashed Potato Wheat Bread 1% LFT Milk Salad	8 Egg Salad House Salad Wheat Bread 1% LFT Milk
11 Baked Ziti House Salad Wheat Bread 1% LFT Milk Fruit Cocktail Mix	12 Stuffed Peppers w/ Orzo House Salad Wheat bread 1% LFT Milk	13 Butter Garlic Cornish Hen W/ Mashed Potato Asparagus 1% LFT Milk	14 Eggplant Rollatini w/ Garlic Bread Caesar Salad 1% LFT Milk	15 Chickpea Salad Platter Wheat Bread 1% LFT Milk
18 Spaghetti & Meatballs Garlic Bread 1% LFT Milk Fruits	19 Chicken Parm w/ Linguine Wheat Bread House Salad 1% LFT Milk	20 BIRTHDAY PARTY  Baked Lemon Cod W/ Sweet Potatoes Vegetable Medley 1% LFT Milk Wheat Bread	21 Sesame Chicken/Fried rice Whole wheat Bread 1% LFT Milk	22 Vegetable Cous Cous Garden Salad Wheat Bread 1% LFT Milk
25 Beef Stroganoff w/ Egg Noodles 1% LFT Milk Apples	26 Chicken Salad Lettuce/Tomato Wheat Bread 1% LFT Milk	27 Veggie Frittata Greek Salad Whole Wheat Bread 1% LFT Milk	28 Lemon Chicken w/ White Rice Stir Fry Veg 1% LFT Milk Wheat Bread	29  BBQ Ribs w/ Potato Salad String Beans 1% LFT Milk

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