



SISTER ANNUNCIATA BETHELL OLDER ADULT CENTER

BEDFORD PARK MULTI-SERVICE CENTER FOR SENIOR CITIZENS, INC.
243 E. 204TH STREET BRONX, NY 10458
TEL. 718-365-3725 FAX: 718-365-3960



BI-WEEKLY MENU MARCH 20 - MARCH 31, 2023

SERVED DAILY: 8 oz. 1% Milk, 1 tsp. Butter & 1 Slice Wheat Bread & Water

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
BAKED CHICKEN SMASHED RED POTATOES SPINACH BANANA	MEATLOAF BAKED POTATO CARROTS KIWI	CHICKEN MARSALA BOWTIE PASTA STRING BEANS ORANGE	VEGETABLE LASAGNA ITALIAN BLEND VEGETABLES BLUEBERRIES	BREADED FISH BAKED YAMS BROCCOLI & RED PEPPERS BAKED APPLE
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
BBQ CHICKEN BAKED YAMS GREEN BEANS APPLE	LAMB CHOP MASHED POTATO PEAS & CARROTS ORANGE	BEEF STEW ROASTED POTATOES CARROTS CANTALOUPE	EGGPLANT PARMESAN BROCCOLI BANANA	BAKED FISH MACARONI & CHEESE SPINACH KIWI

MAKE SURE TO CALL AT 9 AM TO RESERVE YOUR MEAL.

FUNDED UNDER CONTRACT WITH THE N.Y.C. DEPARTMENT FOR THE AGING, AS PART OF THE TITLE III C NUTRITION PROGRAM OF THE OLDER AMERICANS ACT. ADMINISTERED BY THE N.Y.C. OFFICE FOR THE AGING. VOLUNTARY CONTRIBUTIONS ARE AN ESSENTIAL PART OF THE OPERATING BUDGET.

Please Turn Over...