



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 APRIL 15 - APRIL 26, 2024

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

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
CHEESY BLACKBEAN QUESADILLAS	GINGER GARLIC BEEF STEW	LEMON GARLIC BAKED FISH	EGGPLANT PARMESAN	CHICKEN MARSALA
BROCCOLI GARDEN SALAD	BROWN RICE BROCCOLI & RED PEPPERS GARDEN SALAD	SWEET POTATO CALIFORNIA BLEND GARDEN SALAD	PASTA SPINACH GARDEN SALAD	BROWN RICE GREEN BEANS GARDEN SALAD
ORANGE	GRAPES	APPLE	CANTALOUPE	PEAR
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
SPINACH LASAGNA	BEEF MEATLOAF	CHEESY BLACKBEAN QUESADILLAS	BAKED FISH	CHICKEN & RICE
GREEN BEANS GARDEN SALAD	ROASTED POTATOES CARROTS GARDEN SALAD	BROCCOLI & RED PEPPERS GARDEN SALAD	BAKED SWEET POTATO CALIFORNIA BLEND GARDEN SALAD	SPINACH GARDEN SALAD
APPLE	CANTALOUPE	PEACH	BANANA	ORANGE

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...