



# 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 MAY 15- MAY 26, 2023

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

<b>MONDAY 15</b>	<b>TUESDAY 16</b>	<b>WEDNESDAY 17</b>	<b>THURSDAY 18</b>	<b>FRIDAY 19</b>
<b>BAKED CHICKEN</b>  <b>SMASHED RED POTATOES</b> <b>SPINACH</b>  <b>BANANA</b>	<b>BEEF MEATLOAF</b>  <b>BAKED POTATO</b> <b>CARROTS</b>  <b>KIWI</b>	<b>CHICKEN MARSALA</b>  <b>BOWTIE PASTA</b> <b>STRING BEANS</b>  <b>ORANGE</b>	<b>VEGETABLE LASAGNA</b>  <b>ITALIAN BLEND</b>  <b>BLUEBERRIES</b>	<b>BAKED SALMON</b>  <b>SWEET BAKED YAMS</b> <b>BROCCOLI &amp; RED PEPPERS</b> <b>BAKED APPLE</b>
<b>MONDAY 22</b>	<b>TUESDAY 23</b>	<b>WEDNESDAY 24</b>	<b>THURSDAY 25</b>	<b>FRIDAY 26</b>
<b>BBQ CHICKEN</b>  <b>SWEET BAKED YAMS</b> <b>GREEN BEANS</b>  <b>APPLE</b>	<b>LAMB CHOPS</b>  <b>MASHED POTATOES</b> <b>PEAS &amp; CARROTS</b>  <b>ORANGE</b>	<b>BEEF STEW</b>  <b>ROASTED POTATOES</b> <b>CARROTS</b>  <b>CANTALOUPE</b>	<b>EGGPLANT PARMESAN</b>  <b>BROCCOLI</b>  <b>BANANA</b>	<b>BAKED FISH</b>  <b>MACARONI &amp; CHEESE</b> <b>SPINACH</b>  <b>KIWI</b>

**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...*