




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 SEPTEMBER 5 - SEPTEMBER 16, 2022

SERVED DAILY: 8 oz. 1% Milk, 1 tsp. Butter & 1 Slice Wheat Bread, Water, Coffee & Tea & Breakfast @ 10 AM

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
<p>CENTER CLOSED</p> 	<p>CHICKEN PARMESAN</p> <p>PASTA SPINACH</p> <p>BLUEBERRIES</p>	<p>DELUXE CHEESEBURGER</p> <p>SWEET POTATO FRIES</p> <p>TOMATO & CUCUMBER SALAD</p> <p>NECTARINE</p>	<p>STUFFED SHELLS</p> <p>BROCCOLI W/ TOASTED GARLIC</p> <p>ORANGE</p>	<p>BAKED TILAPIA</p> <p>BROWN RICE CARROTS</p> <p>STRAWBERRIES</p>
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<p>BBQ CHICKEN</p> <p>MACARONI & CHEESE</p> <p>BROCCOLI & RED PEPPERS</p> <p>GRAPES</p>	<p>BROCCOLI & CHEESE QUESADILLA</p> <p>CUBAN BLACK BEANS</p> <p>NECTARINE</p>	<p>SUNNY MEDITERRANEAN CHICKEN</p> <p>BROWN RICE CALIFORNIA BLEND</p> <p>ORANGE</p>	<p>BEEF LASAGNA</p> <p>SPINACH</p> <p>CANTALOUPE</p>	<p>BAKED SALMON</p> <p>BAKED SWEET POTATOES</p> <p>ITALIAN BLEND</p> <p>STRAWBERRIES</p>

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...