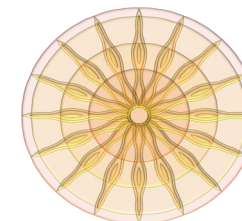




SISTER ANNUNCIATA BETHELL OLDER ADULT CENTER

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 NOVEMBER 25- DECEMBER 6, 2024

SERVED DAILY: 8 oz. 1% Milk, 1 Slice of Wheat Bread, Fresh Fruit & Water

<p>MONDAY 25</p> <p>BAKED SALMON</p> <p>POTATO WEDGES SPINACH GARDEN SALAD</p> <p>CANTALOUPE</p>	<p>TUESDAY 26</p> <p>MEATLOAF</p> <p>ROASTED POTATOES CARROTS GARDEN SALAD</p> <p>STRAWBERRIES</p>	<p>WEDNESDAY 27</p> <p>VEGGIE BURGER</p> <p>SWEET YAMS TOMATO & CUCUMBER SALAD GARDEN SALAD</p> <p>BLUEBERRIES</p>	<p>THURSDAY 28</p> <p>CENTER CLOSED</p> 	<p>FRIDAY 29</p> <p>CENTER CLOSED</p> 
<p>MONDAY 2</p> <p>CHEDDAR BLACKBEAN QUESADILLAS</p> <p>CORN & RED PEPPERS GARDEN SALAD PEACH</p>	<p>TUESDAY 3</p> <p>CHICKEN PARMESAN</p> <p>PASTA SPINACH GARDEN SALAD</p> <p>TANGERINES</p>	<p>WEDNESDAY 4</p> <p>DELUXE CHEESEBURGER</p> <p>POTATO WEDGES GARDEN SALAD</p> <p>APPLE</p>	<p>THURSDAY 5</p> <p>BAKED FISH</p> <p>SWEET YAMS BROCCOLI GARDEN SALAD</p> <p>BANANA</p>	<p>FRIDAY 6</p> <p>BAKED CHICKEN</p> <p>BROWN RICE STRING BEANS GARDEN SALAD</p> <p>ORANGE</p>

IF YOU HAVE ANY FOOD ALLERGIES PLEASE CONSULT WITH STAFF.

FUNDED UNDER CONTRACT WITH THE N.Y.C. DEPARTMENT FOR THE AGING, AS PART OF THE TITLE IIIC 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...