



# 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 JULY 8 - JULY 19, 2024

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

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
<b>CHEESY BLACKBEAN QUESADILLAS</b>  <b>GREEN BEANS GARDEN SALAD</b>  <b>NECTARINE</b>	<b>BEEF &amp; BROCCOLI</b>  <b>BROWN RICE BROCCOLI &amp; RED PEPPERS GARDEN SALAD</b>  <b>CANTALOUPE</b>	<b>BBQ CHICKEN</b>  <b>RED POTATOES CALIFORNIA BLEND GARDEN SALAD</b>  <b>APPLE</b>	<b>BAKED FISH</b>  <b>BROWN RICE &amp; BEANS SPINACH GARDEN SALAD</b>  <b>PEACH</b>	<b>CHICKEN SALAD</b>  <b>CARROT SALAD GARDEN SALAD</b>  <b>ORANGE</b>
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<b>CHICKEN SCALLOPINI</b>  <b>CORN &amp; RED PEPPERS CALIFORNIA BLEND GARDEN SALAD GRAPES</b>	<b>EGGPLANT PARMESAN</b>  <b>PASTA SPINACH GARDEN SALAD</b>  <b>PEAR</b>	<b>BAKED SALMON</b>  <b>SWEET YAMS BROCCOLI GARDEN SALAD</b>  <b>HONEYDEW</b>	<b>BREADED CHICKEN</b>  <b>BAKED POTATO CARROTS GARDEN SALAD</b>  <b>PEACH</b>	<b>TUNA SALAD</b>  <b>PASTA SALAD GARDEN SALAD</b>  <b>ORANGE</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...*