<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A Nice Vegetable Soup</strong></td>
<td><strong>Steak and Onions</strong></td>
<td><strong>Vegetarian Sancocho</strong></td>
<td><strong>Beef Stew</strong></td>
<td><strong>Split Peas Soup</strong></td>
</tr>
<tr>
<td>Rice with Beans</td>
<td>Black Beans and Rice</td>
<td>Steamed Green Beans</td>
<td>Yellow Rice</td>
<td>Spanish Style Roast Pork</td>
</tr>
<tr>
<td>Spanish Style Baked Fish Plum</td>
<td>Mixed Green Salad</td>
<td>Apple</td>
<td>Mixed Green Salad</td>
<td>Steamed Peas &amp; Carrots</td>
</tr>
<tr>
<td></td>
<td>Orange Juice</td>
<td></td>
<td>Yellow Plantains</td>
<td>Yuca w Onions</td>
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<td><strong>5.</strong></td>
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<td><strong>12.</strong></td>
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<td><strong>14.</strong></td>
<td><strong>15.</strong></td>
<td><strong>16.</strong></td>
</tr>
<tr>
<td><strong>Split Pea Soup</strong></td>
<td><strong>Baked Chicken Quarters</strong></td>
<td><strong>Chicken Rice Soup</strong></td>
<td><strong>Turkey Wing</strong></td>
<td><strong>Vegetable Soup</strong></td>
</tr>
<tr>
<td><strong>Baked Fish w Cream Sauce</strong></td>
<td><strong>Yellow Rice</strong></td>
<td><strong>Eggplant Parmesan w Ricotta</strong></td>
<td><strong>Sautéed Spinach</strong></td>
<td><strong>Beef Teriyaki</strong></td>
</tr>
<tr>
<td><strong>Garlic Mashed Potatoes</strong></td>
<td><strong>Normandy Blend</strong></td>
<td><strong>Whole Wheat Spaghetti</strong></td>
<td><strong>Sweet Baked Yams</strong></td>
<td>White rice</td>
</tr>
<tr>
<td><strong>Steamed Carrots</strong></td>
<td><strong>Apple Juice</strong></td>
<td><strong>Sautéed Green Beans</strong></td>
<td><strong>Apple</strong></td>
<td>Steamed Broccoli</td>
</tr>
<tr>
<td><strong>Orange</strong></td>
<td></td>
<td><strong>Orange Pineapple Juice</strong></td>
<td></td>
<td>Sliced Canned Peaches</td>
</tr>
<tr>
<td><strong>19.</strong></td>
<td><strong>20.</strong></td>
<td><strong>21.</strong></td>
<td><strong>22.</strong></td>
<td><strong>23.</strong></td>
</tr>
<tr>
<td><strong>Butternut Squash Soup</strong></td>
<td><strong>SPECIAL FATHER'S DAY MENU</strong></td>
<td><strong>A Nice Vegetable Soup</strong></td>
<td><strong>Shepherd Pie w/ Turkey or Beef</strong></td>
<td><strong>Spanish Style Roast Pork</strong></td>
</tr>
<tr>
<td><strong>Curry Chicken</strong></td>
<td><strong>Hamburgers/Hotdogs</strong></td>
<td><strong>Chana Masala</strong></td>
<td><strong>Tossed Salad</strong></td>
<td><strong>Dominican Moro</strong></td>
</tr>
<tr>
<td><strong>Potatoes &amp; Carrots w/ Butter</strong></td>
<td><strong>Macaroni Salad</strong></td>
<td><strong>White Rice</strong></td>
<td><strong>Canned Mandarin Oranges</strong></td>
<td>Sautéed Green Beans</td>
</tr>
<tr>
<td><strong>Orange Pineapple Juice</strong></td>
<td><strong>Cole Slaw</strong></td>
<td><strong>Caribbean Style Cabbage</strong></td>
<td></td>
<td>Fruited Jello</td>
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<tr>
<td><strong>26.</strong></td>
<td><strong>27.</strong></td>
<td><strong>28.</strong></td>
<td><strong>29.</strong></td>
<td><strong>30.</strong></td>
</tr>
<tr>
<td><strong>A Nice Vegetable Soup</strong></td>
<td><strong>Caribbean Style BBQ Chicken</strong></td>
<td><strong>Chicken Noodle Soup</strong></td>
<td><strong>Baked Fish</strong></td>
<td><strong>Split Pea Soup</strong></td>
</tr>
<tr>
<td><strong>Beef Meatloaf w/ Gravy</strong></td>
<td><strong>Black Beans &amp; Rice</strong></td>
<td><strong>Baked Vegetable Alfredo</strong></td>
<td><strong>Baked Red Potato</strong></td>
<td><strong>Baked Macaroni &amp; Cheese</strong></td>
</tr>
<tr>
<td><strong>Baby Carrots &amp; Parsley</strong></td>
<td><strong>Steamed</strong></td>
<td><strong>Garlic Bread</strong></td>
<td><strong>Wedges</strong></td>
<td>Baby Carrots &amp; Green Beans</td>
</tr>
<tr>
<td><strong>Garlic Mashed Potatoes</strong></td>
<td><strong>Collard Green</strong></td>
<td><strong>Steamed Carrots &amp; Green Beans</strong></td>
<td><strong>Steamed Broccoli</strong></td>
<td><strong>Fruited Jello</strong></td>
</tr>
<tr>
<td><strong>Apple Juice</strong></td>
<td><strong>Canned Pineapple</strong></td>
<td><strong>Orange Pineapple Juice</strong></td>
<td><strong>Orange</strong></td>
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<tr>
<td><strong>Baked Salmon w/ Cilantro Citrus Sauce</strong></td>
<td><strong>Black Beans and Rice</strong></td>
<td><strong>Vegetable mix</strong></td>
<td><strong>BBQ Pulled Pork</strong></td>
<td><strong>Split Pea Soup</strong></td>
</tr>
<tr>
<td><strong>3.</strong></td>
<td><strong>4.</strong></td>
<td><strong>5.</strong></td>
<td><strong>5.</strong></td>
<td><strong>BBQ Pulled Pork</strong></td>
</tr>
<tr>
<td><strong>Rice</strong></td>
<td><strong>Vegetable mix</strong></td>
<td><strong>Orange Pineapple Juice</strong></td>
<td><strong>Rice w/ Vegetables</strong></td>
<td><strong>Baked Macaroni &amp; Cheese</strong></td>
</tr>
<tr>
<td><strong>3.</strong></td>
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<td><strong>5.</strong></td>
<td><strong>Green Beans</strong></td>
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<tr>
<td><strong>Baked Fish</strong></td>
<td><strong>Baked Red Potato</strong></td>
<td><strong>Baked Broccoli</strong></td>
<td><strong>Baked Fish</strong></td>
<td><strong>Fruited Jello</strong></td>
</tr>
<tr>
<td><strong>Baked Carrots &amp; Green Beans</strong></td>
<td><strong>Wedges</strong></td>
<td><strong>Orange Pineapple Juice</strong></td>
<td><strong>Baked Red Potato</strong></td>
<td></td>
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<td><strong>5.</strong></td>
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<tr>
<td><strong>Split Pea Soup</strong></td>
<td><strong>BBQ Pulled Pork</strong></td>
<td><strong>Steamed Carrots &amp; Green Beans</strong></td>
<td><strong>Fruited Jello</strong></td>
<td><strong>Split Pea Soup</strong></td>
</tr>
<tr>
<td><strong>Rice w/ Vegetables</strong></td>
<td><strong>Rice</strong></td>
<td><strong>Orange Pineapple Juice</strong></td>
<td><strong>Fruited Jello</strong></td>
<td><strong>BBQ Pulled Pork</strong></td>
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<td><strong>Steamed Carrots</strong></td>
<td><strong>Steamed Broccoli</strong></td>
<td><strong>Orange Pineapple Juice</strong></td>
<td><strong>Fruited Jello</strong></td>
<td><strong>Baked Macaroni &amp; Cheese</strong></td>
</tr>
<tr>
<td><strong>Orange</strong></td>
<td><strong>3.</strong></td>
<td><strong>4.</strong></td>
<td><strong>5.</strong></td>
<td><strong>Green Beans</strong></td>
</tr>
</tbody>
</table>

**Funded by NYC Aging, Suggested Contribution for Lunch is $2 for Seniors (60+)**

All meals are served with 1% low fat milk, whole wheat bread or roll.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**FUNDED BY NYC AGING, SUGGESTED CONTRIBUTION FOR LUNCH IS $2 FOR SENIORS (60+)**

**ALL MEALS ARE SERVED WITH 1% LOW FAT MILK, WHOLE WHEAT BREAD OR ROLL**

**MONDAY**

5. A Nice Vegetable Soup
Rice with Beans
Spanish Style Baked Fish
Plum

6. Steak and Onions
Black Beans and Rice
Mixed Green Salad
Orange Juice

7. Vegetarian Sancocho
Steamed Green Beans
Apple

8. Beef Stew
Yellow Rice
Mixed Green Salad
Yellow Plantains
Orange Pineapple Juice

9. Split Peas Soup
Spanish Style Roast Pork
Steamed Peas & Carrots
Yuca w Onions
Banana

10. A Nice Vegetable Soup
Rice with Beans
Spanish Style Baked Fish
Plum

11. Baked Chicken Quarters
Normandy Blend
Apple Juice

12. Chicken Rice Soup
Eggplant Parmesan w Ricotta
Whole Wheat Spaghetti
Sautéed Green Beans
Orange Pineapple Juice

13. Turkey Wing
Sautéed Spinach
Sweet Baked Yams
Apple

14. Vegetable Soup
Beef Teriyaki
White rice
Steamed Broccoli
Sliced Canned Peaches

15. Split Pea Soup
Baked Fish w Cream Sauce
Garlic Mashed Potatoes
Steamed Carrots
Orange

16. Baked Chicken Quarters
Yellow Rice
Normandy Blend
Apple Juice

17. Butternut Squash Soup
Curry Chicken
Potatoes & Carrots w/ Butter
Orange Pineapple Juice

18. SPECIAL FATHER'S DAY MENU
Hamburgers/Hotdogs
Macaroni Salad
Cole Slaw
Watermelon
Donuts

19. Shepherd Pie w/ Turkey or Beef
Tossed Salad
Canned Mandarin Oranges

20. A Nice Vegetable Soup
Chana Masala
White Rice
Caribbean Style Cabbage
Apple Juice

21. Shepherd Pie w/ Turkey or Beef
Tossed Salad
Canned Mandarin Oranges

22. Spanish Style Roast Pork
Dominican Moro
Sautéed Green Beans
Fruited Jello

23. Spanish Style Roast Pork
Dominican Moro
Sautéed Green Beans
Fruited Jello

24. A Nice Vegetable Soup
Rice with Beans
Spanish Style Baked Fish
Plum

25. Chicken Noodle Soup
Baked Vegetable Alfredo
Garlic Bread
Steamed Carrots & Green Beans
Orange Pineapple Juice

26. Baked Fish
Baked Red Potato
Wedges
Steamed Broccoli
Orange

27. Beef Stew
Yellow Rice
Mixed Green Salad
Yellow Plantains
Orange Pineapple Juice

28. Split Pea Soup
Baked Macaroni & Cheese
Baby Carrots & Green Beans
Fruited Jello

**Neighborhood S.H.O.P.P Guess OAC**

2070 Clinton Avenue, Bronx, NY 10457

Tel: 718 584-2357 Fax: 718 933-3716

Mon-Fri: 8:30 A.M. – 4:30 P.M
### Activities for the Arts / Actividades de Arte

<table>
<thead>
<tr>
<th>Activities</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coloring w/ Anibal</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
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<tr>
<td>Crocheting</td>
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<td>1:00-2:00</td>
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</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>11:00-12:00</td>
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<td>11:00-12:00</td>
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</tr>
<tr>
<td>Musical Arts &amp; Karaoke</td>
<td>12:30-1:00</td>
<td>12:30-1:00</td>
<td>12:30-1:00</td>
<td>12:30-1:00</td>
<td>12:30-1:00</td>
</tr>
</tbody>
</table>

### Educational & Recreational Activities / Actividades Educativas y de Recreación

**Recreational Games**
- 12:00-1:00 Musical Arts & Recreational games in the Courtyard
- 12:00-1:00 Musical Arts & Recreational games in the Courtyard

**Tech Support w/ Kelvin**
- 11:00-12:00

**The Breakfast Chat Club**
- 9:00-9:30

**Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas**

<table>
<thead>
<tr>
<th>Activities</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning Stretches</td>
<td>10:00-11:00</td>
<td>10:00-11:00</td>
<td>10:00-11:00</td>
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<tr>
<td>Chair Exercise w/ David</td>
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<td>11:00-12:00</td>
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<tr>
<td>Nutrition w/ Pnina</td>
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<td>11:00-12:00</td>
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</tbody>
</table>

### JUNE 2023

**CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS**

**CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES**

**MONDAY**
- 11am Su-Casa Artist
- 11am Tech Support w/ Kelvin 1pm Crocheting w/ Maria Centeno
- 11am Su-Casa Artist 11:30am Health Presentation w/ Charles Pollak
- 11am Tech Support w/ Kelvin 1pm Crocheting w/ Maria Centeno
- 11am Tech Support w/ Kelvin 1pm BINGOCIZE
- 11am Chair Exercise w/ David 1pm Crocheting
- 11am Chair Exercise w/ David 1pm BINGOCIZE
- 11am Nutrition w/ Pnina
- 11am Nutrition w/ Pnina

**TUESDAY**
- 1pm BINGOCIZE
- 1pm BINGOCIZE
- 1pm BINGOCIZE
- 1pm Crocheting
- 1pm Crocheting
- 1pm Crocheting
- 1pm Crocheting
- 1pm BINGOCIZE

**WEDNESDAY**
- 11am Su-Casa Artist 11:30am Health Presentation w/ Charles Pollak
- 11am Tech Support w/ Kelvin 1pm BINGOCIZE
- 11am Chair Exercise w/ David 1pm Crocheting
- 11am Chair Exercise w/ David 1pm BINGOCIZE
- 11am Nutrition w/ Pnina

**THURSDAY**
- 1pm BINGOCIZE
- 1pm Crocheting
- 1pm Crocheting
- 1pm Crocheting
- 1pm BINGOCIZE

**FRIDAY**
- June 1, 2023
- June 2
- June 5
- June 6
- June 7
- June 8
- June 9
- June 10
- June 11
- June 12
- June 13
- June 14
- June 15
- June 16
- June 19
- June 20
- June 21
- June 22
- June 23
- June 26
- June 27
- June 28
- June 29
- June 30