

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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ALL MEALS ARE SERVED WITH 1% LOW FAT MILK, WHOLE WHEAT BREAD OR ROLL
 FUNDED BY NYC AGING, SUGGESTED CONTRIBUTION FOR LUNCH IS \$2 FOR SENIORS (60+)
 (FOOD MENU ITEMS MAY BE SUBJECT TO CHANGE)



4. Chickpea Pasta Halved Avocado Roasted Broccoli Canned Mandarin Oranges Apple Juice	5. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches Grape Juice	6. Caribbean Style Stewed Beef Mangu w/ Onions Sauteed Spinach Fresh Pineapple Apple Juice	7. Pork Stir Fry w/ Vegetables Chinese Style Spaghetti Sauteed Mustard Greens Frozen Berries Cottage Cheese Pineapple Juice	8. Stewed Codfish Yuca w/ Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice
11. Chana Masala Confetti Brown Rice Italian Blend Vegetables Grapes Grape Juice	12. Eggplant Parmesan w/ Ricotta Whole Wheat Spaghetti Vegetable Chicken Soup Apple and Beet Salad Fruited Jello	13. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange Pineapple Juice	14. Italian Sausage Whole Wheat Spaghetti Broccoli w/ Toasted Garlic Mixed Green Salad Tangerine Apple Juice	15. Deluxe Cheeseburger w/ Onions and Green Peppers Roasted Sweet Potato Fries Orange Banana Oatmeal Cookie
18. Jamaican Vegetarian Brown Stew Baked Brown Rice Pilaf Braised Collard Greens Apple Apple Juice	19. Pork Spare Ribs Roasted Vegetable Couscous A Nice Vegetable Soup Kiwis Apple Juice	20. Curry Goat Rice Pilaf Cabbage Carrot Slaw Yellow Plantains Canned Pineapples Grape Juice	21. Baked Asian Style Honey Chicken Vegetable Lo Mein Avocado Egg Salad Baby Carrots and Parsley Banana Fruited Jello	22. Baked Fish Marsala w/ Mushrooms Instant Mash Potatoes Orange Orange Pineapple Juice
25. Arroz Con Pollo Avocado and Orange Salad Orange	26. A Nice vegetable Soup Apricot Glazed Pork Chops Cabbage and Apple Slaw Green Plantains Canned Mandarin Oranges	27. Butternut Squash Soup Baked Turkey Wings Broccoli w/ Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice	28. Baked Ziti w/ Beef Meatballs Spinach, Apple and Red Onion Salad Pear Orange Pineapple Juice	29. Sweet and Spicy Vegan Chorizo Brown Rice General Tso's Cauliflower Tangerine

1.
Baked Lean Lamb Chops
Baked sweet potato
Canned Sliced Peaches
Grape Juice

8.
Stewed Codfish
Yuca w/ Onions
Steamed Collard Greens
Fruit Cocktail
Orange Pineapple Juice

15.
Deluxe Cheeseburger
w/ Onions and Green
Peppers
Roasted Sweet Potato
Fries
Orange Banana
Oatmeal Cookie

22.
Baked Fish Marsala w/
Mushrooms
Instant Mash Potatoes
Orange
Orange Pineapple Juice


29.
Sweet and Spicy Vegan
Chorizo
Brown Rice
General Tso's
Cauliflower
Tangerine



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

March

CEO / President: Katherine Martinez
Chief Program Officer: Diana Delgado
Program Director: Ruby Rosario
Service Coordinator: Stefanie Vazquez
Program Aide: Maria Santiago
Cook: Colin Campbell
Assistant Cook: Carmen Burgos
Custodian: Felix Pellot

Activities for the Arts/ Actividades de Arte						CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS				
						CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES				
						March 2024				
Activities	Monday	Tuesday	Wednesday	Thursday	Friday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coloring w/ Anibal	9:00-10:00	9:00-10:00	9:00-10:00am	9:00-10:00	9:00-10:00					1.
Crocheting		1:00-2:00	1:00-2:00							2:30pm-3:30pm Art of Film
Arts & Crafts	11:00-12:00				11:00-12:00					
Art of Film		2:30-3:30			2:30-3:30	4. 11am-12pm Arts & Crafts	5. 2:30pm-3:30pm Art of Film	6. 10am-12pm Blood Pressure Screening	7. 1:30-2:30pm Tech Support	8. 1:30-2:30pm Think before you eat. Diet and mental health
Educational & Recreational Activities / Actividades Educativas y de Recreacion						P A N T R Y				
Recreational Games	1:00-2:00			1:00-2:00						
Recreational Music	1:30-2:30	1:30-2:30	2:30-3:30	2:30-3:30	2:30-3:30	18. 11am-12pm Arts & Crafts	19. 11am-2pm St. Patricks Day Celebration	20. 10am-12pm Blood Pressure Screening	21. 1:30-2:30pm Tech Support	22. 2:30pm-3:30pm Art of Film
Tech Support		11:00-12:00	1:30-2:30	1:30-2:30		P A N T R Y				
The Breakfast Chat Club			10:00-11:00	10:00-11:00	10:00-11:00					
Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas										
Chair Boxing w/ Jackson			11:00-12:00							
Chair Exercise				11:00-12:00						
Health Management	1:30-2:30		10:00-12:00 Blood pressure Screening		1:30-2:30					