

Jeffrey & Susan Brudnick Center  
 Week-At-A-Glance  
 BCL Spring/Summer 2023 Week 1

House						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>Whole Grain Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg Toast/Bagel/English Juice of Choice</b>	<b>Blueberry Pancakes</b> - Pancake Syrup <b>Whole Grain Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg Toast/Bagel/English Juice of Choice</b>	<b>Assorted Doughnut Whole Grain Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg Toast/Bagel/English Juice of Choice</b>	<b>Whole Grain Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg Toast/Bagel/English Juice of Choice</b>	<b>Hash Browns</b> - Ketchup <b>Whole Grain Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg Toast/Bagel/English Juice of Choice</b>	<b>Danish Whole Grain Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg Toast/Bagel/English Juice of Choice</b>	<b>Cut up oranges Whole Grain Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg Toast/Bagel/English Juice of Choice</b>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Tomato Soup</b> - Crackers <b>Macaroni and Cheese Sautéed Spinach Dinner Roll</b> - Margarine <b>Strawberry Shortcake Milk 2%</b>  Caesar Salmon Salad - Hard Boiled Egg - Salad Dressing	<b>Hamburger</b> - Hamburger Bun <b>Corn on the Cob Baked Beans Watermelon</b>  Hot Dog - Bun	<b>Mushroom Barley Soup</b> - Crackers <b>Cheese Blintz</b> - Sour Cream - Fruit Cup <b>Pie of the Day Milk 2%</b>  Egg Salad - Sandwich (white,wheat or marble) - Pasta Salad	<b>Swedish Meatballs</b> - Cauliflower <b>Mashed Potato Pears</b>  Sliced Turkey - Sandwich (white,wheat or marble) - 3 Bean Salad	<b>Stuffed Mushrooms Flat Bread Pizza Marinated Green Beans Tapioca Pudding Milk 2%</b>  Tuna Salad - Sandwich (white,wheat or marble)	<b>Spring Roll</b> - Duck Sauce <b>Chicken Lo Mein Asian Blend Vegetables Apricots</b>  Lemon Parsley Fish Cakes - Lemon Wedge - Tartar Sauce	<b>Navy Bean Soup</b> - Crackers <b>Beef Cacciatore</b> - Rice <b>Sautéed Spinach Honey Cake Milk 2%</b>  Veggie Burger - Lettuce and Tomato
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>Citrus Teriyaki Chicken</b> - Orzo <b>Oriental Vegetables Fresh Grapes</b>  Roast Beef - Sandwich (white,wheat or marble)	<b>Corn Chowder</b> - Crackers <b>Baked Fish</b> - Lemon Wedge - Tartar Sauce <b>Peas Roasted Potatoes Ice Cream Milk 2%</b>  Grilled Cheese & Tomato on Croissant	<b>Knish BBQ Chicken</b> - BBQ Sauce <b>Cole Slaw V Potato Salad Pineapple</b>  Pepper Steak - Roll	<b>Baked Manicotti</b> - Marinara Tomato Sauce - Parmesan Cheese <b>Broccoli Home Baked Cookies Milk 2%</b>  Stuffed French Toast - Pancake Syrup - Crushed Pineapple Cottage Cheese	<b>Chicken Rice Soup</b> - Crackers <b>Meat Stuffed Cabbage</b> - Marinara Tomato Sauce <b>Carrots Garlic Mashed Potato Challah Bread Peaches</b>  Baked Rosemary Chicken	<b>Beef Chili Tomato Cucumber Salad French Roll</b> - Margarine <b>Fruit Cocktail</b>  Chicken Salad - Sandwich (white,wheat or marble)	<b>Baked Ravioli</b> - Marinara Tomato Sauce - Parmesan Cheese <b>Succotash Apple Slices Milk 2%</b>  Seafood Salad - Sandwich (white,wheat or marble)

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**Week-At-A-Glance**  
**BCL Spring/Summer 2023 Week 2**

<b>House</b>						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Waffles</b> - Pancake Syrup <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Orange sections</b> <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Hash Browns</b> - Ketchup <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Challah French Toast</b> - Pancake Syrup <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Danish</b> <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Tomato Basil Soup</b> - Crackers <b>Tuna Melt</b> <b>Cole Slaw</b> <b>Home Baked Cookies</b> <b>Milk 2%</b>  Cheese Blintz - Sour Cream - Fruit Topping	<b>Hamburger</b> - Hamburger Bun - Lettuce and Tomato <b>Corn on the Cob</b> <b>Grilled Peppers &amp; Onions</b> <b>Watermelon</b>  Grilled Sausage	<b>Deviled Eggs</b> <b>4 Cheese Baked Ziti</b> - Marinara Tomato Sauce - Seasoned Zucchini <b>French Bread</b> - Margarine <b>Pie of the Day</b> <b>Milk 2%</b>  Tuna Spinach Salad - Marinated Vegetable Salad	<b>Franks in a Blanket App</b> <b>Chicken and Mushroom Stroganoff</b> - Rotini Pasta <b>Green Beans</b> <b>Fruit Cocktail</b>  Pepper Steak - Roll	<b>Fish Chowder</b> - Crackers <b>Vegetable Cheese Pizza</b> <b>Marinated Broccoli Salad</b> <b>Pudding Parfait</b> <b>Milk 2%</b>  Egg Salad - Sandwich (white,wheat or marble)	<b>Cheese Lasagna</b> - Marinara Tomato Sauce <b>Vegetable Blend</b> <b>French Roll</b> - Margarine <b>Lemon Bar</b> <b>Milk 2%</b>  Seafood Salad - Sandwich (white,wheat or marble)	<b>Vegetable Soup</b> - Crackers <b>Baked Fish</b> - Lemon Wedge - Tartar Sauce <b>Sauteed Peas and Onions</b> <b>Sweet Potato</b> <b>Honey Buns</b> <b>Milk 2%</b>  Cheese Omelet
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<b>Meatloaf</b> - Gravy <b>Peas and Carrots</b> <b>Mashed Potato</b> <b>Pears</b>  Turkey Bacon, Lettuce and Tomato - Sandwich (white,wheat or marble)	<b>Hummus &amp; Pita App</b> <b>Crumb Topped Fish</b> - Tartar Sauce - Lemon Wedge <b>Green Beans</b> <b>Couscous</b> <b>Peanut Butter Brownie</b> <b>Milk 2%</b>  Spinach, Tomato and Feta Tart	<b>Chicken Stir Fry</b> <b>Oriental Vegetables</b> <b>Rice</b> <b>Fruit Tart</b>  Sliced Turkey - Sandwich (white,wheat or marble)	<b>Cream of Potato Leek Soup</b> - Crackers <b>Grilled Tomato &amp; Swiss Panini</b> <b>Marinated Mushrooms</b> <b>Bread Pudding</b> <b>Milk 2%</b>  Chef Salad with egg - Cheese - Salad Dressing	<b>Chicken Soup with Matza Balls</b> - Crackers <b>Beef Brisket</b> <b>Carrots</b> <b>Mashed Potato</b> <b>Challah Bread</b> <b>Cinamon Baked Apple</b>  Glazed Chicken	<b>Reuben</b> - Sandwich <b>3 Bean Salad</b> <b>Roasted Potatoes</b> <b>Peaches</b>  Baked Chicken Schnitzle - Gravy - Cranberry Sauce	<b>Roast Turkey</b> - Gravy - Cranberry Sauce - Herb Stuffing <b>Winter Whipped Squash</b> <b>Garlic Mashed Potato</b> <b>Pineapple</b>  Roast Beef - Sandwich - Horseradish Mayo

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**Week-At-A-Glance**  
**BCL Spring/Summer 2023 Week 3**

<b>House</b>						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Blueberry Pancakes</b> - Pancake Syrup <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Hash Browns</b> - Ketchup <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>	<b>Assorted Doughnut</b> <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard</b> <b>Boiled/Fried Egg</b> <b>Toast/Bagel/English</b> <b>Juice of Choice</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Baked Potato Soup</b> - Crackers <b>Asian Salmon</b> <b>Wax Beans</b> <b>Rice</b> <b>Fruit Shortcake</b> <b>Milk 2%</b>  Egg Salad Plate	<b>Hamburger</b> - Hamburger Bun - Lettuce and Tomato <b>Corn on the Cob</b> <b>Potato Salad</b> <b>Watermelon</b>  Hot Dog - Bun	<b>Tomato Soup</b> - Crackers <b>Fettuccini Alfredo</b> <b>Fresh Mixed Vegetables</b> <b>Garlic Bread</b> <b>Pie of the Day</b> <b>Milk 2%</b>  Chef Salad with egg - Cheese - Salad Dressing	<b>Corn Chowder</b> - Crackers <b>Crumb Topped Fish</b> - Tartar Sauce - Lemon Wedge <b>Peas</b> <b>Baked Potato</b> - Margarine <b>Home Baked Cookies</b> <b>Milk 2%</b>  Cheese Blintz - Sour Cream - Fruit Topping	<b>Minestrone Soup</b> - Crackers <b>Flat Bread Pizza</b> <b>Braised Red Cabbage</b> <b>Eclairs</b> <b>Milk 2%</b>  Tuna Caesar Salad Plate - Hard Boiled Egg	<b>Potato and Seafood Chowder</b> - Crackers <b>Stuffed Shells</b> - Marinara Tomato Sauce - Parmesan Cheese <b>Seasoned Squash Medley</b> <b>Rugelach Cookies</b> <b>Milk 2%</b>  Vegetable Omelet	<b>Potato Knish</b> <b>Chicken Sausage</b> - Grilled Peppers & Onions <b>Mashed Sweet Potato</b> <b>Lemon Bar</b>  Roast Beef - Sandwich (white,wheat or marble)
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<b>Chicken Marsala</b> <b>Seasoned Zucchini</b> <b>Pasta</b> <b>Peaches</b>  Corn Beef - Sandwich - Mustard	<b>Butternut Squash Soup</b> - Crackers <b>Meat Stuffed Pepper</b> - Marinara Tomato Sauce <b>Vegetable Medley</b> <b>Banana Cake</b> <b>Milk 2%</b>  Seafood Salad - Sandwich (white,wheat or marble)	<b>Stuffed Grape Leaves</b> <b>Marinated Turkey Tips</b> <b>Cole Slaw V</b> <b>Roasted Potatoes</b> <b>Pears</b>  Salami - Sandwich (white,wheat or marble)	<b>Spinach Phylo Appetizer</b> <b>Meat Stuffed Ravioli</b> - Marinara Tomato Sauce <b>Green Beans</b> <b>French Bread</b> - Margarine <b>Fresh Grapes</b>  Sliced Turkey - Sandwich (white,wheat or marble)	<b>Chicken Noodle Soup</b> - Crackers <b>Honey Glazed Chicken</b> <b>Carrots</b> <b>Potato Latkes</b> - Ketchup <b>Challah Bread</b> <b>Pineapple</b>  Stuffed Cabbage	<b>Sweet &amp; Sour Meatballs</b> - Mashed Potato <b>Green Beans</b> <b>Fruit Cocktail</b>  Chicken Salad - Sandwich (white,wheat or marble)	<b>Vegetable Soup</b> - Crackers <b>Lemon Parsley Fish Cakes</b> - Cocktail Sauce <b>Stewed Tomatoes</b> <b>Rice Pilaf</b> <b>Peach Tapioca Pudding</b> <b>Milk 2%</b>  French Toast - Pancake Syrup - Pineapple Cottage Cheese

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**Week-At-A-Glance**  
**BCL Spring/Summer 2023 Week 4**

<b>House</b>						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Cut up oranges</b> <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg</b> <b>Toast/Bagel/English Juice of Choice</b>	<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg</b> <b>Toast/Bagel/English Juice of Choice</b>	<b>Waffles</b> - Pancake Syrup <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg</b> <b>Toast/Bagel/English Juice of Choice</b>	<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg</b> <b>Toast/Bagel/English Juice of Choice</b>	<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg</b> <b>Toast/Bagel/English Juice of Choice</b>	<b>Challah French Toast</b> - Pancake Syrup <b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg</b> <b>Toast/Bagel/English Juice of Choice</b>	<b>Whole Grain</b> <b>Oatmeal/Cream of Wheat</b> - Cream/Milk - Sugar/Splenda/ Brown Sugar <b>Scrambled/Hard Boiled/Fried Egg</b> <b>Toast/Bagel/English Juice of Choice</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Meat Sauce</b> - Vegetable Medley - Pasta <b>Garlic Bread</b> <b>Apple Crisp</b>  Egg Salad - Sandwich (white,wheat or marble) - 3 Bean Salad	<b>Marinated Beef Tips</b> <b>Corn on the Cob</b> <b>Potato Salad</b> <b>Watermelon</b>  BBQ Chicken - BBQ Sauce	<b>Garden Vegetable Soup</b> - Crackers <b>Macaroni and Cheese</b> <b>Fresh Mixed Vegetables</b> <b>Pie of the Day</b> <b>Milk 2%</b>  Fish Sandwich - Lemon Wedge - Tartar Sauce - Tator Tots	<b>Corn Chowder</b> - Crackers <b>Grilled Salmon Burger</b> - Bun - Honey Mustard - Lettuce/Tomato/Onion <b>Cold Lemon, Dill Couscous Salad</b> <b>Blueberry Bar</b> <b>Milk 2%</b>  Cheese Blintz - Sour Cream - Fruit Topping	<b>Fish Chowder</b> - Crackers <b>Veggie Cheese Pizza</b> <b>Beets</b> <b>Pudding Tart</b> <b>Milk 2%</b>  Spinach Salad with - Hard Boiled Egg - Cheese	<b>Pea Soup</b> - Crackers <b>Hot Dog</b> - Bun - Baked Beans <b>Potato Wedges</b> <b>Fruit Cocktail</b>  Seafood Salad - Sandwich (white,wheat or marble)	<b>Baked Ravioli</b> - Marinara Tomato Sauce - Parmesan Cheese <b>Broccoli</b> - Baked Beans <b>French Bread</b> - Margarine <b>Rugelach Cookies</b> <b>Milk 2%</b>  Sweet Potato Burrito
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<b>Roast Turkey Gobbler Sandwich</b> - Cranberry Sauce - Mayonnaise - Herb Stuffing - Bread <b>Pickled Beets</b> <b>Peaches</b>  Tuna Salad - Sandwich (white,wheat or marble)	<b>Spinach Phylo Appetizer</b> <b>Seafood Rice Casserole</b> <b>Mixed Vegetables</b> <b>Garlic Bread</b> <b>Ice Cream</b> <b>Milk 2%</b>  Veggie Burger - Lettuce and Tomato	<b>Egg Roll</b> - Duck Sauce <b>Chicken Stir Fry</b> - Lomein Noodles <b>Green Beans</b> <b>Pineapple</b>  Corn Beef - Sandwich (white,wheat or marble) - Mustard	<b>Deviled Eggs</b> <b>BBQ Pulled Beef On</b> - Roll - BBQ Sauce <b>Pickled Tomatoes</b> <b>Sweet Potato Fries</b> - Ketchup <b>Peaches</b>  BLT with Turkey Bacon - Sandwich (white,wheat or marble)	<b>Chicken Soup with Matza Balls</b> - Crackers <b>Beef Brisket</b> <b>Carrots</b> <b>Mashed Potato</b> <b>Challah Bread</b> <b>Pears</b>  Honey Glazed Chicken	<b>Hummus &amp; Pita App</b> <b>Baked Stuffed Sole</b> - Tartar Sauce - Lemon Wedge <b>Brussel Sprouts</b> <b>Whipped Sweet Potato</b> <b>Honey Buns</b> <b>Milk 2%</b>  Tortellini Salad Plate - Hard Boiled Egg	<b>Meatloaf</b> - Gravy <b>Peas</b> <b>Mashed Potato</b> <b>Apricots</b>  Sliced Turkey - Sandwich (white,wheat or marble)