



Bethany at Silver Crest



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/6/2021	6/7/2021	6/8/2021	6/9/2021	6/10/2021	6/11/2021	6/12/2021
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Scrambled Eggs Scone Bacon/Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Pancakes w/Syrup Hard Boiled Egg Sausage/Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Ham & Cheese Omelet Raisin Toast/Hashbrown Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Waffle Canadian Bacon Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scrambled w/Cheese Muffin/Sausage Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Oven French Toast Sausage Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Cinnamon Roll Scrambled Eggs/Ham Fresh Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream of Broccoli	Chicken Noodle	Vegetable	Lentil	Beef Noodle	Clam Chowder	Split Pea
Rosemary Pork Loin Au Gratin Potatoes Sauteed Zucchini Fruit Pie Milk/Coffee/Tea	Dijon Chicken Brown Rice Sauteed Cabbage Chocolate Cake Milk/Coffee/Tea	Build Your Own Salad Breadstick (lett,tom,chse,onion, olives,cucumber,+) Fuit & Pudding Parfait Milk/Coffee/Tea	Roast Beef w/ Gravy Yukon Gold Mashed Pot. Asparagus Tiramisu Milk/Coffee/Tea	Herb Roasted Chicken Mashed Potato Peas Peach Pie Milk/Coffee/Tea	Salmon Filet w/Butter Sc Fingerling Potatoes Brussel Sprouts Ice Cream Milk/Coffee/Tea	Chicken Kiev Rice Salad w/Dressing Lemon Cake Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Rice/Broccoli
Macaroni & Cheese w/Shrimp Green Beans	Stuffed Bell Pepper Radish Salad Dinner Roll	Cottage Cheese & Fresh Fruit Breadstick	Spinach Salad w/Chicken Breadstick	French Dip Sandwich w/Au Jus Corn	Pork Spare Ribs Mashed Potato Sauteed Zucchini	Veggie Pizza Salad w/Dressing
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Grilled Chicken Sandwich Lett/Tom/Onion French Fries Salad w/Dressing Banana Split Cake Milk/Coffee/Tea	Stuffed Shells Garlic Toast Cauliflower Rice Pudding Milk/Coffee/Tea	Meatloaf w/ Gravy Mashed Potato Beets Cheesecake Milk/Coffee/Tea	Vegetable Quiche Quinoa Salad Strawberry Shortcake Milk/Coffee/Tea	Pit Ham Brown Rice Baby Carrots Frosted Cake Milk/Coffee/Tea	Chicken Alfredo Fettucini Breadstick Broccoli Orange Yogurt Parfait Milk/Coffee/Tea	Swedish Meatballs Mashed Potato Green Beans Homemade Cookies Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Kielbasa w/ Kraut Buttered Noodles Peas	Chicken Avacado Salad Breadstick Quinoa Salad	Tilapia w/Fruit Salsa Mashed Potato Beets	Liver & Onions Mashed Potatoes Carrots	Pasta Primavera Garlic Toast	Grilled Ham and Cheese Potato Chips Broccoli	BLT Wrap Salad w/Dressing

Spring/Summer 2021
Cynthia Murphy DTR, CDM, CFPP

Week 1

*****MENU IS SUBJECT TO CHANGE****