



Bethany at Silver Crest



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Egg of Choice 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 Egg of Choice Waffle/Canadian Bacon Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scrambled w/Cheese Muffin/Bacon 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
Roast Beef w/ Gravy Yukon Gold Mashed Pot. Asparagus 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	Rosemary Pork Loin Au Gratin Potatoes Sauteed Zucchini Tiramisu Milk/Coffee/Tea	Herb Roasted Chicken Mashed Potato Peas Peach Pie Milk/Coffee/Tea	Salmon Filet w/Butter So Fingerling Potatoes Brussel Sprouts Ice Cream Milk/Coffee/Tea	Cordon Bleu Rice Salad w/Dressing Lemon Cake Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Rice/Broccoli
Macaroni & Cheese w/Shrimp Green Beans	French Dip Sandwich w/Au Jus Corn Salad	Cottage Cheese & Fresh Fruit Breadstick	Spinach Salad w/Chicken Breadstick	Stuffed Bell Pepper Radish Salad Dinner Roll	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	Liver & Onions Mashed Potatoes Carrots	Tilapia w/Fruit Salsa Mashed Potato Beets	Chicken Avacado Salad Breadstick Quinoa Salad	Pasta Primavera Garlic Toast	Grilled Ham and Cheese Potato Chips Broccoli	BLT Wrap Salad w/Dressing