



Bethany at Silver Crest



Sunday 7/18/2021	Monday 7/19/2021	Tuesday 7/20/2021	Wednesday 7/21/2021	Thursday 7/22/2021	Friday 7/23/2021	Saturday 7/24/2021
Breakfast Juice of choice Cream of wheat Veggie Scramble Sausage Donut/Fresh Fruit Milk/Coffee/Tea	Breakfast Juice of choice Oatmeal Stuffed Biscuit Hard Boiled Egg Fresh Fruit Milk/Coffee/Tea	Breakfast Juice of choice Cream of wheat Honey Bran Peach Bars Breakfast Ham Fresh Fruit Milk/Coffee/Tea	Breakfast Juice of choice Oatmeal Scramble with Cheese Bacon Toast/Fresh Fruit Milk/Coffee/Tea	Breakfast Juice of choice Cream of wheat Amish Hashbrown Cass. Sausage Fresh Fruit Milk/Coffee/Tea	Breakfast Juice of choice Oatmeal Orange French Toast Breakfast Ham Fresh Fruit Milk/Coffee/Tea	Breakfast Juice of choice Cream of wheat Scramble/Biscuit Sausage Gravy Fresh Fruit Milk/Coffee/Tea
Lunch Lemon Pepper Cod Brown Rice Roasted Squash	Lunch Balsamic Turkey Roasted Potatoes Broccolini	Lunch Chicken/Veg Low Mein Eggroll	Lunch Spaghetti w/Meat Sauce Garlic Bread Carrots	Lunch Chicken Cordon Bleu Parmesan Pasta Asparagus	Lunch Meatloaf w/ Gravy Garlic Mashed Potatoes Baby Carrots	Lunch Fried Chicken Potato Salad Corn
Milk/Coffee/Tea Ice Cream	Milk/Coffee/Tea Fruit Pie	Milk/Coffee/Tea Frosted Cake	Milk/Coffee/Tea Ice Cream	Milk/Coffee/Tea Strawberry Cake	Milk/Coffee/Tea Brownies	Milk/Coffee/Tea Fruits of Forrest Pie
Alternate Chicken Caesar Salad Breadstick	Alternate Italian Shells Roasted Potatoes Broccolini	Alternate Beef Enchilada Spanish Rice Corn	Alternate Turkey Avacado Salad Garlic Bread	Alternate Macaroni & Cheese Stewed Tomatoes	Alternate Asian Chicken Salad Dinner Roll	Alternate Salmon Croquettes Potato Salad Corn
Dinner Quiche Lorraine Salad w/ Dressing	Dinner Hamburger on Bun Lettuce/Tomato/Onion French Fries/Coleslaw	Dinner Cuban Sandwich Chips Cucumber Salad	Dinner Apple Pork Loih Mashed Potatoes peas	Dinner Waffles w/ Berries Scrambled Eggs Bacon	Dinner Chicken Parmesan Linguini Broccoli	Dinner Hot Dog on Bun Choppd Onion/Relish Baked Beans/Fren Fries
Milk/Coffee/Tea Churro	Milk/Coffee/Tea Chocolate Delight	Milk/Coffee/Tea Jello Cake	Milk/Coffee/Tea Bread Pudding	Milk/Coffee/Tea Cookie	Milk/Coffee/Tea Tapioca Pudding	Milk/Coffee/Tea Snickerdoodle Parfait
Alternate Turkey Burger Lettuce/ Tomato French Fries	Alternate BBQ Pork on Bun French Fries Coleslaw	Alternate Ginger Tilapia Mashed Potatoes Cucumber Salad	Alternate Salisbury Steak Mashed Potato Peas	Alternate Grilled Cheese w/ Tomato and Onion Chips	Alternate Rockfish Linguini Broccoli	Alternate Cobb Salad Garlic Toast

Spring/Summer 2021
Cynthia Murphy DTR, CDM, CFPP

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

Week 2