



Bethany at Silver Crest



Sunday 9/18/2022	Monday 9/19/2022	Tuesday 9/20/2022	Wednesday 9/21/2022	Thursday 9/22/2022	Friday 9/23/2022	Saturday 9/24/2022
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Veggie Scramble Canadian Bacon Donut/Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Stuffed Biscuit Hard Boiled Egg Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Peach Cake Breakfast Ham Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scramble with Cheese Bacon Toast/Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Amish Hashbrown Cass. Sausage Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Orange French Toast Breakfast Ham Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scramble/Biscuit Sausage Gravy Fresh Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Ham and Bean	Chicken and Rice	Tomato Basil	Italian Wedding Soup	French Onion	Cream of Potato	Butternut Squash
Lemon Pepper Cod Brown Rice Roasted Squash Apple Crisp Cake Milk/Coffee/Tea	Balsamic Turkey Roasted Potatoes Broccoli Fruit Pie Milk/Coffee/Tea	Chicken/Veg Low Mein Eggroll Carrot Cake Milk/Coffee/Tea	Spaghetti w/Meat Sauce Garlic Bread Carrots Ice Cream Milk/Coffee/Tea	Orange Chicken Buttered Rice Mixed Vegetables Strawberry Cake Milk/Coffee/Tea	Meatloaf w/ Gravy Garlic Mashed Potatoes Baby Carrots Brownies Milk/Coffee/Tea	Fried Chicken Potato Salad Corn Fruits of Forrest Pie Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Chicken Caesar Salad Breadstick	Italian Shells Roasted Potatoes Broccoli	Beef Enchilada Spanish Rice Corn	Turkey Avacado Salad Garlic Bread	Macaroni & Cheese Mixed Vegetables	Asian Chicken Salad Dinner Roll	Salmon Patty Potato Salad Corn
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Quiche Lorraine Salad w/ Dressing Churro Milk/Coffee/Tea	Hamburger on Bun Lettuce/Tomato/Onion French Fries/Coleslaw Chocolate Delight Milk/Coffee/Tea	Cuban Sandwich Chips Cucumber Salad Jello Cake Milk/Coffee/Tea	Apple Pork Loin Mashed Potatoes peas Bread Pudding Milk/Coffee/Tea	Waffles w/ Berries Scrambled Eggs Bacon Peach Cobbler Milk/Coffee/Tea	Chicken Parmesan Linguini Broccoli Tapioca Pudding Milk/Coffee/Tea	Hot Dog on Bun Choppd Onion/Relish Baked Beans/Fren Fries Snickerdoodle Parfait Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Turkey Burger Lettuce/ Tomato French Fries	BBQ Pork French Fries/Coleslaw	Ginger Tilapia Mashed Potatoes Cucumber Salad	Salisbury Steak Mashed Potato Peas	Grilled Cheese w/ Tomato and Onion Chips	Rockfish Linguini Broccoli	Cobb Salad Garlic Toast

Spring/Summer 2022
Cynthia Murphy DTR, CDM, CFPP

Week 2

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