

# Bethany Week of 1/20-1/29

## Weekly Dining Menu

**Monday**  
1/20

Scrambled Eggs  
Bacon Slices  
Breakfast Potatoes  
Oatmeal  
Choice of Toast  
Banana  
Beverage

Garden Salad with  
Cherry Tomatoes  
Crispy Baled  
Tilapia  
or

Lemon Pepper  
Chicken Thigh  
Wild Rice  
Steamed Cut  
Broccoli  
Cole Slaw  
Pear Cranberry  
Crumble  
Beverage

Tomato Basil Soup  
Tuscan Style Roast  
Turkey with Gravy  
or  
Grilled Ham and  
Cheese  
Savory Cornbread  
Stuffing  
Glazed Carrots  
Parmesan Plum  
Tomatoes  
Boston Cream Pie  
Beverage

**Tuesday**  
1/21

French Toast  
Turkey Sausage  
Link  
Cream of Wheat  
Choice of Toast  
Orange Slices  
Beverage

Potato Salad  
Beef Stroganoff  
or  
Shrimp Alfredo

Parslied Egg  
Noodles  
Steamed Spinach  
Mexican Medley  
Butterscotch  
Pudding  
Beverage

Spring Chicken Soup  
Cheese Enchiladas with  
Thick and Chunky  
Salsa  
or  
Chicken Taco Salad  
Mexican Medley  
Corn  
Cherry Cobbler  
Beverage

**Wednesday**  
1/22

Scrambled Eggs  
Pork Sausage Links  
Hash Brown Potatoes  
Oatmeal  
Choice of Toast  
Pears  
Beverage

Caesar Salad  
Chicken and  
Dumplings  
or

Chopped Beef Steak  
with Onions & Gravy  
Garlic Mashed  
Potatoes  
Grilled Ratatouille  
Roasted Mushrooms  
Sherbert Ice Cream  
Beverage

Beef Noodle Soup  
Deviled Egg Salad  
Sandwich  
or  
Herbed Crusted Pork  
Loin with Brown gravy  
Golden Rice Pilaf  
Baby Carrots  
Grilled Ratatouille  
Mix Berry Pear Crisp  
Beverage

**Thursday**  
1/23

Belgian Waffle  
Turkey Sausage  
Link  
Cream of Wheat  
Choice of Toast  
Pineapple  
Beverage

Macaroni Salad  
Brown Sugar and  
Peach Glazed Hame  
or

Cumin Roast Turkey  
with Gravy  
Baked Sweet  
Potatoes  
Sliced Beets  
Sauteed Spinach  
Blueberry Parfait  
Beverage

Garden Vegetable  
Soup  
Parmesan Pollock  
or  
Penne Pasta, Spinach  
and Chicken  
Casserole  
Long Grain and Wild  
Rice  
Broccoli & Cauliflower  
Sliced Beets  
Carrot Cake  
Beverage

**Friday**  
1/24

Biscuits and Gravy  
Breakfast Potatoes  
Oatmeal  
Choice of Toast  
Banana  
Beverage

Tossed Garden  
Salad  
Chicken Rice  
Casserole  
or

Open Face Roast  
Beef Sandwich  
Green Beans  
Herb Roasted  
Carrots  
Banana Bread  
Beverage

Rustic Squash Soup  
Cheese Pizza  
or  
Turkey Pot Pie  
Farmer's Market  
Veggie Medley  
Herb Carrots  
Pound Cake  
Beverage

**Saturday**  
1/25

Scrambled Eggs  
Pork Sausage Link  
Hash Brown Potatoes  
Cream of Wheat  
Choice of Toast  
Peaches  
Beverage

Garden Salad with  
Tomatoes  
Pork Loin with Apple &  
Raisin Stuffing & Gravy  
or

Stuffed Shells with  
Marinara Sauce  
Mashed Potatoes  
Carrots & Peas  
Steamed Brussels  
Sprouts  
Chocolate Brownie  
Beverage

Cauliflower Cheese  
Soup  
Teriyaki Chicken Breast  
or  
Mushroom Swiss Burger  
Steamed Jasmine Rice  
Asian Blend Veggies  
Carrots & Peas  
Lemon Gelatin Parfait  
Beverage

**Sunday**  
1/26

Classic Blueberry  
Muffin  
Turkey Sausage Link  
Oatmeal  
Fruit Salad  
Choice of Toast  
Beverage

Tossed Vegetable  
Salad  
Pot Roast  
or

Baked Pollock with  
Lemon Butter  
Sauce  
Parslied Potatoes  
Zucchini & Yellow  
Squash  
Carrot Raisin Salad  
Apple Pie  
Beverage

Minestrone Soup  
Smoked Ham and  
Potato Frittata  
or  
French Dip  
Sandwich  
Dinner Roll  
Steamed Broccoli  
Zucchini & Yellow  
Squash  
Rice Krispies Bar  
Beverage

**BREAKFAST**  
7am-8 am

**LUNCH**  
11:45am-1pm

**DINNER**  
5pm-6pm