

Bethany Week of 12/16-12/22

Weekly Dining Menu

Monday
12/16

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
12/17

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
12/18

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
12/19

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
12/20

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
12/21

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
12/22

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