

July 28th-  
National Cheeseburger Day

July 29th-  
National Chicken Wing Day

July 30th-  
National Cheesecake Day

BREAKFAST  
7:00 am

LUNCH  
12 pm

DINNER  
5pm

Bethany week of 7/28-8/3 Weekly Dining Menu						
Monday 7/28	Tuesday 7/29	Wednesday 7/30	Thursday 7/31	Friday 8/1	Saturday 8/2	Sunday 8/3
Oatmeal <u>Scrambled Eggs</u> Bacon Slices Breakfast Potatoes Banana Choice of Toast	Cream of Wheat <u>French Toast</u> Turkey Sausage Link Link Orange Slices Choice of Toast	Oatmeal <u>Scrambled Eggs</u> Pork Sausage Link Hash Brown Potatoes Cantaloupe Choice of Toast	Cream of Wheat Belgian Waffle Turkey Sausage Link Pineapple Choice of Toast	Oatmeal <u>Sausage, Egg and Cheese Muffin</u> Scrambled Eggs Strawberries Choice of Toast	Cream of Wheat <u>Scrambled Eggs</u> Pork Sausage Link Hash Brown Potatoes Honeydew Choice of Toast	Oatmeal <u>Raspberry Sour Cream Muffin</u> Turkey Sausage Link Fruit Cocktail Choice of Toast
<i>Fruit Salad</i>  <u>Egg Salad Sandwich</u> Italian Cut Green Beans  Or  <u>Spring Herb and Dijon Pork Tenderloin with Gravy</u> Cornbread Sliced Beets  Apple Crumble	<i>Caesar Salad</i>  <u>Bacon Cheeseburger</u> Steamed Spinach  Or  <u>BLT Chicken Salad</u> Garlic Bread Corn  Pineapple Upside Down Cake	<i>Macaroni Salad</i>  <u>Peach Glazed Turkey Breast</u> Buttermilk Biscuit Green Beans  Or  <u>BBQ Chicken Wings</u> Sliced Carrots  Blueberry Yogurt Parfait	<i>Tossed Vegetable Salad</i>  <u>Shepherds Pie</u> California Vegetables  Or  <u>Tuna Salad on a Bun</u> Sweet and Sour Broccoli Slaw  Strawberry Cheesecake	<i>Fruit Salad</i>  <u>Oven Baked Fish Sandwich</u> Baked Sweet Potato Broccoli & Cauliflower  Or  <u>Chef Salad</u> Three Bean Salad  Peanut Butter Fudge Brownies	<i>Strawberry Fields Salad</i>  <u>Mushroom and Swiss Burger</u> French Fries Summer Squash Medley  Or  <u>Chicken Cobb Salad</u> Sauted Chard  Jello Parfait	<i>Tossed Garden Salad</i>  <u>Meat Lasagna</u> Herb Roasted Potatoes French Cut Green Beans  Or  <u>Citrus Crusted Baked Tilapia</u> Herb Roasted Potatoes Roasted Beet with Thyme  Strawberry Rhubarb Pie
<i>Chunky Vegetable Orzo Soup</i>  <u>Beef Tacos</u> Cilantro Lime Basmati Rice Pinto Beans  Or  <u>Southwestern Chicken Thigh</u> Sliced Beets  Strawberry Jello	<i>Vegetarian Split Pea Soup</i>  <u>Parmesan Crusted Pollock</u> Herb Roasted Potatoes Mixed Vegetables  Or  <u>Italian Turkey Ham Sandwich</u> Steamed Spinach  Chocolate Ice Cream	<i>Fire Roasted Corn Soup</i>  <u>Spinach Quiche</u> Sliced Carrots  Or  <u>Baked Chicken and Noodles</u> Coleslaw  Apple Raisin Bread Pudding	<i>Hearty Beef Vegetable Soup</i>  <u>Brazilian Pork with Chimichurri</u> Spanish Rice Corn O'Brien with Peppers Or <u>Cumin Shrimp Quesadilla</u> Spanish Rice Three Bean Salad  Pear Cranberry Crumble	<i>Roasted Tomato Tortilla Soup</i>  <u>Beef Stroganoff</u> Egg Noodles Yellow Squash  Or  <u>Spinach and Mushroom Pizza</u> Steamed Broccoli  Vanilla Ice Cream	<i>Garden Vegetable Soup</i>  <u>Herb Grilled Chicken Breast with Gravy</u> Simply Smashed Red Potatoes Italian Mixed Vegetables  Or  <u>Penne Pasta Caprese</u> Saute Chard  Peach Cobbler	<i>New England Clam Chowder</i>  <u>Maple Apple Roasted Turkey with Gravy</u> Au Gratin Potatoes Steamed Zucchini  Or  <u>Macaroni and Cheese</u> Roasted Beets with Thyme  Butterscotch Pudding