Bethesda Meadow - Sample Resident Menu

Sunday (Day 1)	Monday (Day 2)	Tuesday (Day 3)	Wednesday (Day 4)	Thursday (Day 5)	Friday (Day 6)	Saturday (Day 7)
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Hot or Cold Cereal	Hot Or Cold Cereal	Hot Or Cold Cereal	Hot Or Cold Cereal	Hot Or Cold Cereal	Hot Or Cold Cereal	Hot Or Cold Cereal
Sausage Patty	Scrambled Eggs	Scrambled Eggs	Omelet	Sausage link	Scrambled Eggs	Sausage Gravy
						Sausage Patty
French Toast	Cinnamon Toast	Sausage link	Bacon	Pancakes	Toast	Buttermilk Biscuit
Margarine/Syrup	Margarine	Toast	Toast	Margarine/Syrup	Margarine/Jelly	Margarine
Milk/Beverage	Milk/Beverage	Margarine/Jelly	Margarine/Jelly	Milk/Beverage	Milk/Beverage	Milk/Beverage
		Milk/Beverage	Milk/Beverage			
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Fried Chicken	Salisbury Steak	Chicken & Dumplings	Herbed Pork Roast	Corned Beef & Swiss Cheese Sandwich	Catfish Fillet	Mushroom Steak
Mashed Potatoes	Brown Gravy	Carrots (A)	Gravy	ALT: Reuben Casserole	Tartar Sauce	Baked Potato
Chicken Gravy	Au Gratin Potatoes	German Tomato Salad	Yam Patties (A)	Potato Wedges	Macaroni & Cheese	Sour Cream
Carrots (A)	Green Beans	Brownie	Vegetable Blend	Steamed Cabbage	Peas	Steamed Vegetables
Buttermilk Pie	Frosted Cake	Hot Roll/Margarine	Apple Cobbler (FR)	Cherry Cake	Chicken Noodle Soup	Orange Fluff (FR)
Dinner Roll/Margarine	Bread Of Choice/Marg.	Beverage	Bread Of Choice/Marg.	Bread Of Choice/Marg.	Mexican Wedding Cake	Dinner Roll/Margarine
Beverage	Beverage		Beverage	Beverage	Bread of Choice/Marg. Beverage	Beverage
Supper	**Supper**	**Supper**	**Supper**	**Supper**	**Supper**	**Supper**
Beef Burrito	Tuna Noodle Casserole	Pizza	Tomato Soup	French Dip	Chicken Tenders	BBQ Pork On Bun
Mexican Rice	Mixed Vegetables	Tossed Salad/Dressing	Crackers	French Fries	Dipping Sauce	Tri Tater
Corn	Blushing Pears	Cookies	Grilled Ham & Cheese Sandwich	Layer Salad	Mashed Potatoes	Cucumber & Onion Salad
Strawberries & Whipped Topping	Cheese Herb Biscuit	Bread Stick	Lima Beans	Peaches & Cream	Caesar Cole Slaw	Peanut Butter Bars
Corn Bread/Margarine	Milk/Beverage	Milk/Beverage	Banana Pudding (FR)	Milk/Beverage	Bread Of Choice/Marg.	Milk/Beverage
Milk/Beverage			Milk/Beverage		Milk/Beverage	
Evening Snack	**Evening Snack**	**Evening Snack**	**Evening Snack**	**Evening Snack**	**Evening Snack**	**Evening Snack**
Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink
Assorted Snacks	Assorted Snacks	Assorted Snacks	Assorted Snacks	Assorted Snacks	Assorted Snacks	Assorted Snacks