



*EverTrust* Family  
Care Home, LLC

*Care You Can Trust. Guidance You Can Count On.*

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## Resident Monthly Menu Calendar — May 2026

Date	Breakfast	Lunch	Dinner	Snack	Drinks
<b>Friday 1</b>	Eggs, toast, fruit	Baked tilapia, rice, spinach	Soup, crackers	Yogurt	Water, tea
<b>Saturday 2</b>	French toast, fruit, milk	Chicken pasta, vegetables	Grilled cheese, soup	Banana	Water, milk
<b>Sunday 3</b>	Oatmeal, fruit, milk	Roast chicken, potatoes, carrots	Light sandwich	Fruit cup	Water, tea
<b>Monday 4</b>	Oatmeal, banana, milk	Baked chicken, brown rice, green beans	Turkey sandwich, vegetable soup	Yogurt	Water, tea, milk
<b>Tuesday 5</b>	Scrambled eggs, toast, fruit	Baked fish, mashed potatoes, carrots	Chicken salad sandwich	Applesauce	Water, milk
<b>Wednesday 6</b>	Pancakes, fruit, milk	Ground turkey, rice, broccoli	Vegetable soup, bread	Pudding	Water, tea
<b>Thursday 7</b>	Oatmeal, berries, milk	Chicken stew, potatoes, peas	Tuna sandwich	Fruit cup	Water, milk
<b>Friday 8</b>	Eggs, toast, fruit	Baked tilapia, rice, spinach	Soup, crackers	Yogurt	Water, tea
<b>Saturday 9</b>	French toast, fruit, milk	Chicken pasta, vegetables	Grilled cheese, soup	Banana	Water, milk
<b>Sunday 10</b>	Oatmeal, fruit, milk	Roast chicken, potatoes, carrots	Light sandwich	Fruit cup	Water, tea
<b>Monday 11</b>	Oatmeal, banana, milk	Baked chicken, brown rice, green beans	Turkey sandwich, vegetable soup	Yogurt	Water, tea, milk
<b>Tuesday 12</b>	Scrambled eggs, toast, fruit	Baked fish, mashed potatoes, carrots	Chicken salad sandwich	Applesauce	Water, milk
<b>Wednesday 13</b>	Pancakes, fruit, milk	Ground turkey, rice, broccoli	Vegetable soup, bread	Pudding	Water, tea
<b>Thursday 14</b>	Oatmeal, berries, milk	Chicken stew, potatoes, peas	Tuna sandwich	Fruit cup	Water, milk
<b>Friday 15</b>	Eggs, toast, fruit	Baked tilapia, rice, spinach	Soup, crackers	Yogurt	Water, tea

<b>Saturday 16</b>	French toast, fruit, milk	Chicken pasta, vegetables	Grilled cheese, soup	Banana	Water, milk
<b>Sunday 17</b>	Oatmeal, fruit, milk	Roast chicken, potatoes, carrots	Light sandwich	Fruit cup	Water, tea
<b>Monday 18</b>	Oatmeal, banana, milk	Baked chicken, brown rice, green beans	Turkey sandwich, vegetable soup	Yogurt	Water, tea, milk
<b>Tuesday 19</b>	Scrambled eggs, toast, fruit	Baked fish, mashed potatoes, carrots	Chicken salad sandwich	Applesauce	Water, milk
<b>Wednesday 20</b>	Pancakes, fruit, milk	Ground turkey, rice, broccoli	Vegetable soup, bread	Pudding	Water, tea
<b>Thursday 21</b>	Oatmeal, berries, milk	Chicken stew, potatoes, peas	Tuna sandwich	Fruit cup	Water, milk
<b>Friday 22</b>	Eggs, toast, fruit	Baked tilapia, rice, spinach	Soup, crackers	Yogurt	Water, tea
<b>Saturday 23</b>	French toast, fruit, milk	Chicken pasta, vegetables	Grilled cheese, soup	Banana	Water, milk
<b>Sunday 24</b>	Oatmeal, fruit, milk	Roast chicken, potatoes, carrots	Light sandwich	Fruit cup	Water, tea
<b>Monday 25</b>	Oatmeal, banana, milk	Baked chicken, brown rice, green beans	Turkey sandwich, vegetable soup	Yogurt	Water, tea, milk
<b>Tuesday 26</b>	Scrambled eggs, toast, fruit	Baked fish, mashed potatoes, carrots	Chicken salad sandwich	Applesauce	Water, milk
<b>Wednesday 27</b>	Pancakes, fruit, milk	Ground turkey, rice, broccoli	Vegetable soup, bread	Pudding	Water, tea
<b>Thursday 28</b>	Oatmeal, berries, milk	Chicken stew, potatoes, peas	Tuna sandwich	Fruit cup	Water, milk
<b>Friday 29</b>	Eggs, toast, fruit	Baked tilapia, rice, spinach	Soup, crackers	Yogurt	Water, tea
<b>Saturday 30</b>	French toast, fruit, milk	Chicken pasta, vegetables	Grilled cheese, soup	Banana	Water, milk
<b>Sunday 31</b>	Oatmeal, fruit, milk	Roast chicken, potatoes, carrots	Light sandwich	Fruit cup	Water, tea