

# BETHANY AT SILVER LAKE

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>8/25/2019</b>	<b>8/26/2019</b>	<b>8/27/2019</b>	<b>8/28/2019</b>	<b>8/29/2019</b>	<b>8/30/2019</b>	<b>8/31/2019</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Juice of choice Oatmeal Scrambled eggs Blueberry muffin Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat French toast/syrup Bacon Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Hard cooked egg Toast/jelly Fruit Milk/Coffee?tea	Juice of choice Cream of wheat Poached egg Potato pancake 1/2 banana Milk/Coffee/Tea	Juice of choice Oatmeal Omelet Pastry Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Bethany scramble w/ ham and toast Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Corned beef hash Toast Fruit Milk/Coffee/Tea
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Turkey roast/gravy Mashed potatoes/gravy Peas and onions  Pie Milk/Coffee/Tea	Bell pepper casserole Broccoli  Pudding Milk/Coffee/Tea	Salisbury steak/gravy Baked potato/sour cream Mixed vegetables  Frosted cake Milk/Coffee/Tea	Oven baked chicken Stuffing/gravy Capri vegetables  Ice cream Milk/Coffee/Tea	Meatloaf Mashers/gravy Glazed carrots  Whipped jello Milk/Coffee/Tea	Orange chicken Steamed rice Green beans  Fruit fluff Milk/Coffee/Tea	BBQ Meatballs Baked beans Garden coleslaw  Fruity jello Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Baked ham Mashers/peas	Crusted cod Rice/broccoli	Lemon pepper cod Potato/vegetables	Ham/cheese quiche Vegetables	Pork choppy/gravy Mashers/veggie	Chef's choice fish Rice/veggie	Vegetable patty Beans/slaw
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Cuke/tomato salad Beefy macaroni Casserole  Sherbet Milk/Coffee/Tea	Vegetable salad Turkey noodle Casserole  Brownie Milk/Coffee/Tea	Roast beef sandwich Potato salad Chef's choice soup  Fresh baked cookie Milk/Coffee/Tea	Breakfast for Dinner :) Waffle Strawberry topping Sausage Peanut butter pie Milk/Coffee/Tea	Ranch beet salad Chicken burger/bun Ranch dressing Lettuce/tomato Fruit cobbler Milk/Coffee/Tea	Tossed salad Ham salad sandwich Cream soup Cookie Milk/Coffee/Tea	Chili dog w/cheese and onion on a bun Veggie soup Ice cream Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Cottage cheese fruit plate & roll	Ham sandwich salad	Salmon burger/bun Salad/soup	Beef stew Dinner roll	Egg salad sandwich Salad/pickles	Supreme pizza Salad/soup	Turkey sandwich Chips/soup