

BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/15/2019	6/16/2019	9/17/2019	9/18/2019	9/19/2019	9/20/2019	9/21/2019
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Oatmeal Scrambled eggs Toast Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Mushroom/sausage Frittata Toast/fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scrambled eggs w/green onions Danish Fruit	Juice of choice Cream of Wheat French toast/syrup Bacon Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Poached egg Toast Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Hard cooked egg Coffee cake Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Pancakes/syrup Ham Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Honey baked ham AuGratin potatoes Green beans Frosted cake Milk/Coffee/Tea	Chicken pot pie Roasted brussel sprouts Pineapple fluff Milk/Coffee/Tea	Open faced hot turkey sandwich Mashers/gravy Broccoli Peanut butter cookie Milk/Coffee/Tea	Baked fish Lemon rice Peas and carrots Cherry cobbler Milk/Coffee/Tea	Oven fried chicken Potato salad Corn on the cob Watermelon Milk/Coffee/Tea	Spaghetti Meat sauce italian vegetables garlic breadstick Butterscotch pudding Milk/Coffee/Tea	BBQ ribbette Scalloped potatoes Green beans Ice cream Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Smothered beef patty Mashers/gravy/veggie	Mac and cheese Stewed tomatoes	Salisbury steak Rice, cream corn	Meatball with gravy Baked spud/SC/corn	Sliced ham Cheesy mash/Veg	Ham and cheese quiche Roll/green salad	Baked chicken in gravy Mashers/veggie
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Tuna sandwich Chips Pickle spear Ice cream Milk/Coffee/Tea	Ranch pea&cheese sala BBQ beef sandwich Chips Lemon pudding Milk/Coffee/Tea	Beef stew Cornbread Vegetable blend Sherbet Milk/Coffee/Tea	Carrot and raisin salad Ham salad croissant sandwich Dinner roll Cookie Milk/Coffee/Tea	Soup/crackers Chicken caesar salad breadstick Peanut butter brownie Milk/Coffee/Tea	Hamburger/bun Relish plate Pasta salad Frosted cake Milk/Coffee/Tea	Garden vegetable soup Turkey and cheese Sandwich Lettuce and tomato Popsicle Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Swedish meatballs Mashers/gravy/veggie	Turkey salad sandwich lettuce/tom/mac salad	Egg Salad Sandwich Green Salad	Pork choppie Fries/Veggie	Beefy Mac and cheese Buttered broccoli	Chicken salad/crackers Tossed Salad	Ham/cheese casserole Glazed carrots