

BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/13/2019	10/14/2019	10/15/2019	10/16/2019	10/17/2019	10/18/2019	10/19/2019
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Oatmeal Scrambled eggs Danish Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Poached egg Toast/jelly Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Pancakes and syrup Bacon Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Scrambled eggs w/gr. Onion Toast/jelly Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Sausage gravy over biscuit w/ patty Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Scrambled eggs Toast/jelly Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Hard cooked egg Hashbrown patty Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken mac & cheese Stewed tomatoes Jello jewels Milk/Coffee/Tea	Seasoned tilapia Red and gold potatoes Roasted vegetables Yellow cake Milk/Coffee/Tea	Hamburger casserole Potato pancake Broccoli Choco chip cookie Milk/Coffee/Tea	Oven baked chicken mashers/gravy Vegetable medley Vanilla pudding Milk/Coffee/Tea	Beef stroganoff over noodles Garlic bread Italian veggies Brownie Milk/Coffee/Tea	Hamburger patty in onions and peppers Mashed potatoes Green beans Layered jello Milk/Coffee/Tea	Baked chicken breast Stuffing/gravy Veggie blend Ice cream Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Beef patty in gravy Mashers/gravy/veggie	Chicken tenders potato/veggie	Seasoned cod potato p-cake/veggie	Sliced ham potato/veggie	Pork roast w/gravy Noodles/veggie	Bacon & cheese quiches Roll/veggies	Ham/cheese omelete Mashers/veggie
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Tuna sandwich Chips Pickle spear Ice cream Milk/Coffee/Tea	Ham and potato casserole Bean medley Butterscotch pudding Milk/Coffee/Tea	Sloppy joe on a bun tater tots Sherbet Milk/Coffee/Tea	Tuna noodle casserole Green beans Frosted cake Milk/Coffee/Tea	Taco salad with corn chips tranch/salsa dressing Fruit pie Milk/Coffee/Tea	Tossed salad Glazed ham French fries Cookie Milk/Coffee/Tea	Fishwich on a bun w/tartar sauce Ranch pea salad Popsicle Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Swedish meatballs Mashers/gravy/veggie	Cottage cheese fruit plate and roll	Egg Salad Sandwich Green Salad	Pork choppie Fries/Veggie	Ham salad/crackers Potato salad	Beef ravioli Dinner roll/salad	Corn dog w/mustard & salad