

BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/8/2019	12/9/2019	12/10/2019	12/11/2019	12/12/2019	12/13/2019	12/14/2019
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Oatmeal Poached egg English muffin half Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Fried egg Sausage Toast/fruit Milk/Coffee/Tea	Juice of choice Oatmeal Egg in a basket Danish Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Pancakes/syrup Bacon Toast/fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scrambled eggs w/ green onions Coffee cake/Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Hard cooked egg Raisin Toast Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scrambled eggs/cheese Bacon Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roasted pork loin AuGratin potatoes Green beans Frosted cake Milk/Coffee/Tea	Chicken & Waffles Macaroni & Cheese Cauliflower Heavenly hash Milk/Coffee/Tea	Open faced hot turkey sandwich Mashers/gravy Broccoli Fresh baked cookie Milk/Coffee/Tea	Potato crusted cod Lemon rice Peas and carrots Rhubarb crisp Milk/Coffee/Tea	Baked chicken thighs Mashed potatoes Green peas/onions Tapioca parfait Milk/Coffee/Tea	Spaghetti w/meatballs italian vegetables garlic breadstick Ice cream Milk/Coffee/Tea	Ham&cheese casserole with potatoes Brown sugar carrots Rosey Pears Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Liver and onions Potatoes/veggies	Cabbage casserole Breadstick	Salisbury steak Mashers,gravy, veg	Cranberry meatballs rice, veggie	Pork chop Mashers/veggies	Ham and cheese quiche Breadstick/gr.salad	Chicken pot pie Carrots
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Salmon loin burger/bun Lettuce and tomato French fries Pudding parfait Milk/Coffee/Tea	Garden veggie soup Meatball sub w/cheese Chips Frosted brownie Milk/Coffee/Tea	Beef stew Cornbread Vegetable blend Cream pie Milk/Coffee/Tea	Orange glazed ham Baked potato/sour cr. Veggie blend Layered jello Milk/Coffee/Tea	Baked 3 cheese ziti Tossed salad/dressing Garlic breadstick Peanut butter cake Milk/Coffee/Tea	Hamburger/bun Relish plate Seasoned tater tots Watermelon Milk/Coffee/Tea	Turkey rice bake Green salad Biscuit Jello Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Smothered beef patty Mashers/gravy/veggie	Turkey a'la king Soup/Breadstick	Bean&cheese burrito Green Salad	Beefy tomato macaroni Veggie blend	Hot dog/bun green salad	Tuna noodle casserole Green peas	Chef's choice fish Rice/Salad