

Bethany at Silver Lake

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|--|
| 9/27/2020 | 9/28/2020 | 9/29/2020 | 9/30/2020 | 10/1/2020 | 10/2/2020 | 10/3/2020 |
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Juice of choice Oatmeal Hard cooked egg Breakfast potatoes Fruit Milk/Coffee/Tea | Juice of choice Cream of Wheat Biscuit & gravy Sausage Fruit Milk/Coffee/Tea | Juice of choice Oatmeal Scrambled eggs Toast Fruit Milk/Coffee/Tea | Juice of choice Cream of Wheat Pancakes/syrup Sausage Fruit Milk/Coffee/Tea | Juice of choice Oatmeal Scrambled eggs Coffee cake Fruit Milk/Coffee/Tea | Juice of choice Cream of Wheat Scrambled eggs with ham and cheese Fruit/toast Milk/Coffee/Tea | Juice of choice Oatmeal Scrambled eggs with green onions Blueberry muffin/fruit Milk/Coffee/Tea |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| Shredded open beef sandwich/gravy Mashers/gravy Mixed vegetables Heavenly hash Milk/Coffee/Tea | Chicken & dumplings Green peas Lemon bars Milk/Coffee/Tea | Welcome Fall :) Beef&butternut savory squash stew Green salad/dressing Biscuit Apple crumble | Sweet & Sour Pork White rice Japanese Vegetables Vanilla pudding Milk/Coffee/Tea | Tuna salad Tomato/onion salad Dinner roll Chocolate cake Milk/Coffee/Tea | Turkey dressing casserole Gr.beans/craisins A Goodie cookie Milk/Coffee/Tea | BBQ meatballs Macaroni & cheese Veggie blend Cinnamon applesauce Milk/Coffee/Tea |
| Alternate | Alternate | Alternate | Alternate | Alternate | Alternate | Alternate |
| Black olive chicken Potatoes/veggies | Beef patty/gravy mashers/vegies | Pork in shroom gravy over mashers/gr.salad | Gr. Beefy rice casserole Veggies | Chicken paprika Salad/roll | Salisbury steak Mashers/veggies | lemon pepper pork Mac-ch/veggie |
| Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| Halibut burger Sweet potato fries Tomato soup Lettuce and tomato Angel food cake Milk/Coffee/Tea | Garden veggie soup Egg salad sandwich Chips Fruit cobbler Milk/Coffee/Tea | Hamburger/bun French fries Lettuce and tomato Brown sugar peaches Milk/Coffee/Tea | Chunky beef pot pie Ranch pea salad Dinner roll Ice cream Milk/Coffee/Tea | Chef's choice quiche Green salad Biscuit Pear fluff Milk/Coffee/Tea | BBQ pork/bun Baked beans Roasted zucchini Rice krispie treat Milk/Coffee/Tea | Tuna sandwich Veggie soup Chips Fruit crisp Milk/Coffee/Tea |
| Alternate | Alternate | Alternate | Alternate | Alternate | Alternate | Alternate |
| Sliced ham Potatoes/veggies | Tuna noodle casserole Green salad/dressing | Salami sandwich Soup/lettuce&tomato | chicken salad Salad/roll | Ham salad Salad/biscuit | Fishwich Let&tom/beans | Baked chicken Mashers/veggies |