

BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/10/2021	1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021	1/16/2021
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Oatmeal Poached egg Toast/jelly Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Breakfast sandwich w/ egg/sausage/cheese Fruit Milk/Coffee/Tea	Juice of choice Oatmeal French toast/syrup Scrambled eggs Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Hard cooked egg Bacon Hashbrowns/fruit Milk/Coffee/Tea	Juice of choice Oatmeal scrambled eggs w/ salsa Donut/fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Hard cooked egg Sausage Fruity fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scrambled egg/cheese Mini danish Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken cordon bleu Parslied pasta Cream corn Fruit pie Milk/Coffee/Tea	Swedish meatballs over mashers Green beans/craisins A cool cookie Milk/Coffee/Tea	Chicken alfredo over pasta Brown sugar carrots Cream pie Milk/Coffee/Tea	McBethany pork ribby on a bun w/pickles bbq sauce and onions veg blend/pot salad Fruity shortcake Milk/Coffee/Tea	Beef goulash Garlic toast Green salad/dressing Poke cake Milk/Coffee/Tea	Chicken stuffing casserole Italian vegetables Rice pudding Milk/Coffee/Tea	Beef stew with potatoes Garlic biscuit Assorted desserts Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Cheese ravioli Corn	Broc cheese cass Tossed salad	Bean & cheese burrito Spanish rice	Oven fried chicken pot salad/veggies	Seasoned fish toast/salad	Eggy salad Tom salad/roll	Veggie cheese quiche Biscuit
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Cheeseburger Relish plate French fries Jello jewels Milk/Coffee/Tea	Chix Noodle bake Buttered broccoli Biscuit Chef's choice cake Milk/Coffee/Tea	BLT(bacon/lett/tom) Green salad Veggie soup Bread pudding Milk/Coffee/Tea	Breakfast for dinner Waffle w/ fruit topping Scrambled eggs Sausage Ice cream Milk/Coffee/Tea	Orange pork loin mashers/gravy Buttered corn Peanut butter brownie Milk/Coffee/Tea	Taco salad over chips lettuce/tomato/olives salsa/sour cream Sunshine jello Milk/Coffee/Tea	Ham and potato cass. Vegetable medley Sherbet Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Grilled chicken/bun relish plate/fries	Chef's choice fish Veg/biscuit	Salmon burger Lett/tom/soup	Chicken salad Veg salad/roll	Pizza Tossed salad/dressing	Baked cod fish cheesy caulif & rice	Turkey sandwich lett/tom/soup

Fall/Winter menu
Kim Ayers CDM CFPP

****MENU SUBJECT TO CHANGE****

WEEK 5