

Bethany at Silver Lake

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/17/2021	1/18/2021	1/19/2021	1/20/2021	1/21/2021	1/22/2021	1/23/2021
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 Scramble/gr onion Sausage links Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scramble/salsa Danish Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Pancakes/syrup Bacon Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scramble/red pepps 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 Scramble/cheese Bacon Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pork choppies Au Gratin potatoes Green beans Frosted cake Milk/Coffee/Tea	Chicken and waffles Cauliflower Heavenly hash Milk/Coffee/Tea	Open face hot turkey sandwich Mashers/gravy Broccoli Fresh baked cookie Milk/Coffee/Tea	Potato crusted cod Lemon rice Peas and carrots Rhubard crisp Milk/Coffee/Tea	Baked chicken thighs Mashers/gravy Green peas/onions Tapioca parfait Milk/Coffee/Tea	Spaghetti/meatballs Italian veggies Garlic toast Ice cream Milk/Coffee/Tea	Ham/cheese cass with potatoes Br.sugar carrots Rosey pears Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Egg salad/roll Vegetable salad	Cabbage casserole Dinner roll	Veggie patty Mashers/gravy/veg	Cheese sand/lett&tom Ranch beet/onion salad	Pork choppie mashers/veggies	Broc/cheese quiche Green salad	Chicken pot pie Carrots
Dinner	breadstick	Dinner	Dinner	Dinner	Dinner	Dinner
Fish burger/bun Lettuce and tomato French fries Pudding parfait Milk/Coffee/Tea	Garden veggie soup Meatball sub/cheese Chips Frosted brownie Milk/Coffee/Tea	Beef stew Cornbread Vegetable blend Cream pie Milk/Coffee/Tea	Orange glazed ham Baked spud/sc.cream Veggie blend Layered jello Milk/Coffee/Tea	Baked 3 cheese ziti Tossed salad/dressing Garlic toast 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/roll	Bean/cheese burrito Green salad/dressing	Beefy tomato macaroni Veggie blend	Hot dog/bun Green salad	Tuna noodle casserole Green peas	Chef's choice fish Rice/salad

Week 1

