

BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/13/2021	6/14/2021	6/15/2021	6/16/2021	6/17/2021	6/18/2021	6/19/2021
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Hard cooked egg Toast/jelly Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Waffles/syrup Sausage links Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scrambled eggs Hash brown patty Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Poached egg Muffin Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scrambled eggs w/ cheese and salsa Fruit & TOAST Milk/Coffee/Tea	Juice of choice Oatmeal Biscuit sand w/cheese &egg & sausage Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat scrambled eggs Cinnamon roll Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef tips with mushrooms over buttered pasta 3 bean salad Rainbow sherbet Milk/Coffee/Tea	Ranch chix burger Macaroni salad Lettuce/tomato Tapioca pudding Milk/Coffee/Tea	Cheese ravioli Normand blend veg Garlic toast Jello jewels Milk/Coffee/Tea	Ham/rice casserole Creamed peas Fruit of the forest pie Milk/Coffee/Tea	Cod almonidine Parmesan pasta Green beans Pastry Milk/Coffee/Tea	Pepperoni pizza Green salad S-berry ice cream Milk/Coffee/Tea	Chicken cordon bleu Cream of shroom rice Carrots Darling cookie Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Diced chix/gravy over pasta/3 bean salad	Spinach ravioli Green salad/dressing	BBQ ribbies Veggie/toast	Pollock pub peas/rice	Country fried steak Pasta/veggies	Creamed turkey Pasta/gr. Salad	Cottage cheese/fruit Dinner roll
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Teriyaki pork over white rice Asian veggies Brownie Milk/Coffee/Tea	Tuna sandwich Creamy coleslaw A cool cookie Milk/Coffee/Tea	Egg salad sandwich Vegetable soup Peach fluff Milk/Coffee/Tea	Cheeseburger Lettuce/tomato Tater tots Rice Krispie treat Milk/Coffee/Tea	Chicken/rice and mushroom casserole Glazed carrots Chocolate cake Milk/Coffee/Tea	Ham salad sandwich Marinated cauliflower with red peppers Watermelon Milk/Coffee/Tea	Shrimp Louie with Louie sauce/lettuce tomato/eggs Dinner roll Cinnamon applesauce Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Seasoned cod Rice/veggies	Cheese pizza coleslaw	Salisbury steak/masher tomato spoon salad	Ranch chicken and bacon salad/chips	Sliced ham Rice/veggies	Chef's choice fish Cauliflower/ din roll	Bean/cheese burrito Gree salad/dressing