

# Bethany at Silver Crest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/3/2021	10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021	10/9/2021
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Juice of choice Cream of wheat Egg of Choice Bacon, Raisin Toast Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Biscuits w/ Gravy Sausage Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Denver Scramble Ham Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Peach Cinnamon Oatmeal Cinnamon Roll/Bacon Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Country Potatoes Sausage/Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Egg of Choice Country Potatoes Sausage/Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Orange French Toast Bacon Fresh Fruit Milk/Coffee/Tea
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Cream of Broccoli</b>	<b>Chicken Noodle</b>	<b>Vegetable</b>	<b>Lentil</b>	<b>Beef Noodle</b>	<b>Clam Chowder</b>	<b>Spilt Pea</b>
Salmon w/Dill Sauce Baked Potato Sautéed Zucchini	Cranberry Pork Loin Au Gratin Potatoes Green Bean Almondine  Peanut Butter Pie Milk/Coffee/Tea	Chicken Pesto w/Pasta Carrots  Rasp-Lemon Creme Puffs Milk/Coffee/Tea	Pot Roast Mashed Potatoes/Gravy Carrots Carmel Macchiato Banana Bread Milk/Coffee/Tea	Chicken & Veg Stir Fry Yosobia Noodles Eggroll  Chocolate Frosted Cake Milk/Coffee/Tea	Sloppy Joe Grill Cheese Peas & Carrots  Homemade Cookies Milk/Coffee/Tea	Balsamic Chicken Roasted Potatoes Asparagus  Apple Cranberry Crisp Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Cheesy Pasta Florentine Zucchini	Lemon Pepper Cod Parmesan Garden Pasta Green Bean Almondine	Kielbasa w/Onions Mashed Potatoes Sauerkraut	Chicken Salad Sandwich Lettuce and tomato Potato Chips	Beef Stuffed Potato Broccoli	Rosemary Pork Mashed Potato/Gravy Green Beans	Cheeseburger Macaroni Squash Medley
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Stuffed Bell Peppers Brussel Sprouts	Turkey Divan Broccoli	Tuna Noodle Casserole Green Salad	Macaroni & Cheese Roasted Tomatoes  Lemon Merigue Pie Milk/Coffee/Tea	Grilled Ham & Cheese French Fries Garden Salad  Zucchini Bars Milk/Coffee/Tea	Greek Lemon/Garlic Chix w/ Potatoes Corn  Carmel Apple Bombs Milk/Coffee/Tea	Pork Stew Cornbread  Lemon Cream Bars Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Pork Brushetta Brussel Sprouts	Pasta Primavera Breadstick	Chicken Tenders Waffle Fries Green Salad	German Meatballs Buttered Noodles Roasted Tomatoes	Veggie Pizza Garden salad	Tater Tot Casserole Corn	Tortellini w/Tomato Garden Salad

Fall/Winter 2020  
Cynthia Murphy DTR, CDM, CFPP

**\*\*\*MENU IS SUBJECT TO CHANGE\*\***

Week 3