

Bethany at Silver Lake

Sunday 9/12/2021	Monday 9/13/2021	Tuesday 9/14/2021	Wednesday 9/15/2021	Thursday 9/16/2021	Friday 9/17/2021	Saturday 9/18/2021
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Juice of choice Cream of wheat Poached egg Coffee cake Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scram/gr onion Biscuit Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Yogurt Pastry Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Pancakes/syrup Sausage links Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Hard cooked egg Sausage links Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scrambled eggs Hashbrown patty Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Omelet Biscuit Fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Spaghetti with meat sauce Italian veggies Breadstick Fruit fluff Milk/Coffee/Tea	Turkey a'la King Mixed vegetables Rosey pears Milk/Coffee/Tea	Crispy fried chicken Mashers/gravy Corn on the cob Layered jello Milk/Coffee/Tea	Tasty pork loin Seasoned pinto beans Cauliflower Strawberry ice cream Milk/Coffee/Tea	Dilled Salmon Lemon rice Zucchini&shrooms Pie Milk/Coffee/Tea	Hawaiian burger/bun French fries Veggie blend Sherbet Milk/Coffee/Tea	Chix noodle casserole Summer salad  Frosted cake Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Baked chicken Pasta/veg/bread	Egg salad sandwich Soup/crackers	Pork choppie Mashers/corn	Pollock pub Beans/veggie	Turkey casserole Rice/zucchini	BBQ chicken sand Fries/veggies	Broc/chese quiche Green beans
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Ham salad on a croissant Italian veg salad Fresh baked cookie Milk/Coffee/Tea	Tuna sandwich w/ a pickle spear Vegetable soup Ice cream Milk/Coffee/Tea	Macaroni and cheese Stewed tomatoes Pudding Milk/Coffee/Tea	Beef lasagna Tossed green salad  Choc chip cookie Milk/Coffee/Tea	Baked chicken Mashers/gravy Veggie medley Peach fluff Milk/Coffee/Tea	Cottage cheese and fruit plate on a lettuce leaf Tomato soup Cinn. Applesauce Milk/Coffee/Tea	Turkey Sandwich Lettuce and tomato Marinated gr beans Lemon peaches Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Ranch chicken salad Veg salad	Ham sandwich Pickle/soup	Dilled cod loin Tomatoes/pasta	Pork ribby Rice/salad	Hot dog/bun Soup	Egg salad Soup/roll	PB&J sandwich Green beans

Spring/Summer Menus
Kim Ayers CDM-CFPP

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

Week 2