

BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/10/2021	10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021	10/16/2021
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Oatmeal Poached egg Toast/jelly Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Scramble/gr onion Sausage links Biscuit/Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scramble/salsa Danish Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Pancakes/syrup Bacon Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scramble/red pepps Coffee cake Fresh 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/Toast Banana Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pork choppies Au Gratin potatoes Green beans Dinner roll Frosted cake Milk/Coffee/Tea	Chrissy's Chicken and waffles Cauliflower Dinner roll 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 Breadstick Rhubard crisp Milk/Coffee/Tea	Baked chicken thighs Mashers/gravy Green peas/onions Dinner roll Tapioca parfait Milk/Coffee/Tea	Spaghetti/meatballs Italian veggies Breadstick Hand scoop ice cream Milk/Coffee/Tea	Ham/cheese cass with potatoes Br.sugar carrots Cornbread Rosey pears Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Egg salad/roll Vegetable salad	Beef cabbage cass Dinner roll	Veggie patty Mashers/gravy/veg	Cottage cheese/fruit Dinner roll	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 Pasta salad Frosted brownie Milk/Coffee/Tea	Beef stew Cornbread Vegetable blend Cream pie Milk/Coffee/Tea	Orange glazed ham Baked spud/sc.cream Veggie blend Dinner roll Layered jello Milk/Coffee/Tea	Baked 3 cheese ziti Tossed salad/dressing Breadstick Peanut butter mousse Milk/Coffee/Tea	Hamburger/bun Relish plate Seasoned tater tots Watermelon Milk/Coffee/Tea	Turkey rice bake Green salad Breadstick Jello Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Smothered beef patty Mashers/gravy/veggie	Turkey/cheese sand Pasta salad	Bean/cheese burrito Green salad/dressing	Roast beef sandwich lett/tom/soup	Peanut butter/jelly sand Green salad	Tuna salad sandwich lett/tom/soup	Chef's choice fish Rice/salad