

# BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/24/2021	10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021	10/30/2021
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Oatmeal Poached egg Toast/fruit Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Breakfast sandwich w/ sausage, egg, cheese Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal French toast/syrup Sausage links Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Hard cooked egg Bacon Toast/jelly Fresh fruit	Juice of choice Oatmeal Scram/red peppers Biscuit Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scrambled eggs Sausage links Fresh fruit/Toast Milk/Coffee/Tea	Juice of choice Oatmeal Hard cooked egg toast/jelly Banana Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roasted turkey Mashers/gravy Green peas Dinner roll Choc/van pudding Milk/Coffee/Tea	Broccoli Beef Steamed rice Asian blend veggies Dinner roll Pineapple fluff Milk/Coffee/Tea	Old bay cod loin Roasted brussels spts Au Gratin potatoes Dinner roll Cream pie Milk/Coffee/Tea	Kim's meatloaf Mashers/gravy Corn Dinner roll Banana cake Milk/Coffee/Tea	Veggie Quiche Spinach salad French fries Breadstick Pudding parfait Milk/Coffee/Tea	baked potato with chili and cheese Carrots Garlic bread Emerald pears Milk/Coffee/Tea	Seasoned chix breast Dilled rice Capri veggies Dinner roll Fresh baked cookie Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Bacon/cheese quiche Green salad	Egg salad Veggie salad/Roll	Rosemary chix thigh veggie/potato	Ranch chicken salad Beet salad	Smoked ham Slaw/fries	Cottage cheese/fruit dinner roll	Battered cod/lemon Rice/veggies
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Tater tot casserole Buttered broccoli Dinner roll Hand scoop ice cream Milk/Coffee/Tea	Turkey tetrazzini with sour cream sauce Buttered corn Dinner roll Fresh baked cookie Milk/Coffee/Tea	Creamy potato soup Seafood alfredo/pasta Spinach Dinner roll Cinnamon peaches Milk/Coffee/Tea	Garden veggie soup Macaroni & cheese Stewed tomatoes Dinner roll Ambrosia Milk/Coffee/Tea	Almira's sloppy joes with a bun Roasted zucchini Frosted cake Milk/Coffee/Tea	Pork choppie Vegetable blend Tater tots Dinner roll Hand scooped sherbet Milk/Coffee/Tea	Chix Mac&cheese Green salad Breadstick Layered jello Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Glazed ham Mashers/veggie	Cheese sandwich lett/tom/chips	Veggie patti pasta/spinach	Beef ravioli Salad/garlic bread	Chix salad sand soup/crackers	Tuna salad sand lett/tom/chips	Turkey salad/crackers Veg salad

Fall/Winter Menus

Kim Ayers CDM CFPP

**\*\*Menu Subject to Change\*\***

Week 3