

# BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/5/2021	12/6/2021	12/7/2021	12/8/2021	12/9/2021	12/10/2021	12/11/2021
<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 Poached egg Danish Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Biscuit/gravy Sausage links Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Pancakes/syrup Bacon Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Hard cooked egg Cheese blintz Banana Milk/Coffee/Tea	Juice of choice Cream of wheat Scram/gr. Onion Toast/jelly Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Western omelette Cinnamon roll Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scramble w/cheese Toast/jelly 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>
Shredded beef roast Steamed potato/gravy Celery/carrots/onions Breadstick Fruit pie Milk/Coffee/Tea	Pork stew with potatoes Cornbread Asian blend veggies Fresh baked cookie Milk/Coffee/Tea	Burger dip w/cheese & onions on a bun Tater tots Winter blend veggies Oreo cheesecake Milk/Coffee/Tea	Chili burger French fries Italian coleslaw cookie time! Milk/Coffee/Tea	Crabby patti/bun Lettuce and tomato French fries Chocolate éclair Milk/Coffee/Tea	Tarragon chix breast Spinach shroom parm pasta Garlic toast Fresh scoop sherbet Milk/Coffee/Tea	Dilled cod loin Rice pilaf Beans that are green Dinner roll Orange chiffon cake Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Hawaiian chix thigh Potato/veggie	Cottage cheese/fruit Dinner roll	Paprika chicken Tots/veggie	Assorted sandwiches lett/tom/chips	Teriyaki chix/bun lett/tom/fries	Pork choppie Veggies/potatoes	Mac & cheese Stewed tomatoes
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Cran glazed ham Buttered orzo Green beans Cornbread Kateleen's frosted cake Milk/Coffee/Tea	Chefs choice fish French fries Creamy coleslaw Biscuit Pudding cup Milk/Coffee/Tea	Waffles w/topping Scrambled eggs Breakfast ham Fresh scoop ice cream Milk/Coffee/Tea	Pork choppie Quinoa blk bean salad Vegetable blend Banana pudding Milk/Coffee/Tea	Meaty spaghetti over noodles Glazed carrots Spiced peaches Milk/Coffee/Tea	Chili bowl with cheese and onions Green salad/crackers Cornbread Fruit crisp Milk/Coffee/Tea	Derek's GR beef stroganoff over pasta Veggie blend Breadstick Butterscotch pudding Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Asian chix salad soup/crackers/chips	Ratatouille w/tofu Fries/biscuit	Grilled chix pita pocket Black bean salsa soup	Beefy tomato casserole Veg blend	Cuke/cream ch sand lett/tom/chips	Garlic chicken salad Salad/crackers	Egg salad sandwich lett/tom/soup