

# Bethany at Silver Crest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/9/2022	1/10/2022	1/11/2022	1/12/2022	1/13/2022	1/14/2022	1/15/2022
<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 Scrambled Eggs w/Ham Country Potatoes Toast/Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Poached Eggs Bacon/Hashbrowns Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat French Toast Sausage Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Pastry/Sausage Hashbrown Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Pancakes w/Syrup Breakfast Ham Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Biscuits Sausage Gravy Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scrambled Eggs Bacon/Muffin 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>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>
Ravioli Spinach Bake Garlic Bread Cauliflower  Cream Puff Milk/Coffee/Tea	Chicken and Dumplings Brussel Sprouts  Frosted Cake Milk/Coffee/Tea	Crab Cakes Mashed Potatoes Peas  Lemon Cake Milk/Coffee/Tea	Ham Scalloped Potatoes Sauteed Cabbage  Magic Brownie Bar Milk/Coffee/Tea	Herb Roasted Turkey Mashed Potato/Gravy Zucchini/Yellow Squash  Jello Cake Milk/Coffee/Tea	Spaghetti w/Meat Sauce Garlic Bread Peas and Carrots  Brownie Fries w/Sauce Milk/Coffee/Tea	Cheeseburger Lettuce/Tomato/Onion Tater Tots  Apple Pie Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Chicken Tamales Refried Beans Salsa/ Sour Cream	Swedish Meatballs Egg Noodles Green Beans	Ind.Chicken Pot Pie Peas Dinner Roll	Stuffed Cabbage Rolls Garlic Bread Sauteed Cabbage	Salisbury Steak Coleslaw French Fries	Battered Cod AuGratin Potatoes Peas and Carrots	Apple Pork Loin Loaded Mashed Potato Baby Carrots
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Ham w/Pineapple Garden Rice Broccoli Polenaise  Fruit Cobbler Milk/Coffee/Tea	Cornflake Chicken Mashed Potatoes w/Gravy Tomato Onion Salad  Homemade Cookie Milk/Coffee/Tea	Margarita Pizza Garden Salad  Fruit Crisp Milk/Coffee/Tea	Hamburger with Bun Lettuce/Tomato/Onion Tater Tots  Bread Pudding Milk/Coffee/Tea	French Toast Sausage Fruit Cup  Berry Cream Pie Milk/Coffee/Tea	Chicken Stir Fry w/ Yakisoba Noodles  Peanut Butter Cake Milk/Coffee/Tea	White Chili w/Turkey Cornbread  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>
California Quiche Broccoli Polenaise Garlic Bread	BBQ Spaeribs Mashed Potatoes Tomato Onion Salad	Assorted Sandwiches French Fries	Bean & Cheese Burrito Salsa/Sour Cream Spanish Rice	Tuna Sandwich 3 Bean Salad Tomato/Lettuce	Cottage Cheese Fruit Plate Breadstick	Fish Taco Refried Beans Salsa/Sour Cream