

BETHANY AT SILVER LAKE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|--|
| 5/22/2022 | 5/23/2022 | 5/24/2022 | 5/25/2022 | 5/26/2022 | 5/27/2022 | 5/28/2022 |
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Juice of choice Oatmeal Poached egg Cinnamon roll Fresh fruit Milk/Coffee/Tea | Juice of choice Cream of wheat Breakfast sandwich w/ sausage and 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 Scrambled w/ red peps Biscuit Fresh fruit Milk/Coffee/Tea | Juice of choice Cream of wheat Yogurt Fruit muffin Fresh fruit Milk/Coffee/Tea | Juice of choice Oatmeal Hard cooked egg Toast Banana Milk/Coffee/Tea |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| Diced turkey & gravy Over mashers Green peas Biscuit Choc/van pudding Milk/Coffee/Tea | Broccoli Beef Steamed rice Asian blend veggies Cornbread Ice cream cup Milk/Coffee/Tea | Rosemary chicken Green beans Pork and beans biscuit Cream pie Milk/Coffee/Tea | Kim's meatloaf Mashers/gravy Beet/onion salad Dinner roll Banana cake Milk/Coffee/Tea | Smoked ham Baked beans Spinach salad Dinner roll Pudding parfait Milk/Coffee/Tea | baked potato with chili and cheese Corn Garlic bread Emerald pears Milk/Coffee/Tea | Chix patty/gravy Buttery pasta Capri veggies Dinner roll Fresh baked cookie Milk/Coffee/Tea |
| Alternate | Alternate | Alternate | Alternate | Alternate | Alternate | Alternate |
| Bacon/cheese quiche Green salad | Egg salad Zesty veg salad/bread | Old bay cod loin Veggies/beans | Ranch chicken salad salad/roll | Egg salad Spin salad/chips | Yogurt/fruit plate Garlic bread | Battered cod/lemon Rice/veggies |
| Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| Tater tot casserole Carrots Dinner roll Pineapple fluff Milk/Coffee/Tea | Turkey tetrazzini with sour cream sauce Buttered corn Dinner roll Fresh baked cookie Milk/Coffee/Tea | Garden veg soup Mac and cheese Stewed tomatoes Cornbread Ambrosia Milk/Coffee/Tea | Cheese ravioli w/ cream sauce Mixed veggies Dinner roll Cinnamon peaches Milk/Coffee/Tea | Beef patty/shrom gravy Mashers/gravy Carrot coin salad Cornbread Frosted cake Milk/Coffee/Tea | Salisbury steak/gravy Vegetable blend Mashers/gravy Dinner roll Sherbet cup Milk/Coffee/Tea | Chix Mac&cheese Green salad Dinner roll Layered jello Milk/Coffee/Tea |
| Alternate | Alternate | Alternate | Alternate | Alternate | Alternate | Alternate |
| Ham sandwich lett/tom/soup | Classic cheese sand. lett/tom/chips | Chef's choice chicken pasta/tomatoes | Chef's choice fish rice/veg/roll | 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