

BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/26/2022	6/27/2022	6/28/2022	6/29/2022	6/30/2022	7/1/2022	7/2/2022
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 ham Cheesy biscuit 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 Fruit cobbler Milk/Coffee/Tea	Broccoli Beef Steamed rice Asian blend veggies Cornbread Pudding 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/cheese/onion 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 Fruit crisp 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