

Bethany at Silver Lake

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/24/2022	7/25/2022	7/26/2022	7/27/2022	7/28/2022	7/29/2022	7/30/2022
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Poached egg Biscuit Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scrambled eggs Cinnamon roll Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Pancakes/syrup Sausage links fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Hard cooked egg Bacon/toast Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Yogurt Fruit muffin fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Sausage patty Toast/jelly Banana Milk/Coffee/Tea	Juice of choice Cream of wheat Breakfast ham Toast/jelly fresh fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pineapple ham Au Gratin potatoes Gr. Beans/craisins Dinner roll Jello jewels Milk/Coffee/Tea	Chicken-N-dumplings Mixed vegetables Dinner roll Donut holes Milk/Coffee/Tea	Hot dog/bun Onions/relish Sunshine coleslaw Orange fluff Milk/Coffee/Tea	Apple glazed pork loin Buttery rice Steamed broccoli Biscuit Michelle's fruit crisp Milk/Coffee/Tea	Chicken drumsticks Mashers/gravy Spinach salad/mandarins Dinner roll Frosted brownie Milk/Coffee/Tea	Hearty ham&beans Steamed rice Country cabbage Cornbread Cinnamon pears Milk/Coffee/Tea	Chicken parmesan Pasta italiano Green beans Garlic toast Frosted cake Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Cheese ench. Cass. Green beans/craisins	Tuna sandwich lett/tom/chips	Egg salad sandwich Coleslaw	Dilled cod loin Rice/broccoli	Baked spud/chili&ch Spinach salad/mandarins	Chef's fish rice/cabbage	Hamburger casserole Veggies
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Waffles w/topping Sausage links Watermelon Milk/Coffee/Tea	Ham salad sandwich Tomato spoon salad Van/strawberry swirl Milk/Coffee/Tea	Macaroni & cheese Stewed tomatoes Cornbread Fruit pie Milk/Coffee/Tea	Paprika chicken Buttered rice Veggie blend Dinner roll Layered jello Milk/Coffee/Tea	Un-stuffed peppers Garlic biscuit Tossed salad strawberry shortcake Milk/Coffee/Tea	BBQ meatballs Over pasta Veggie salad Dinner roll Rice krispie treat Milk/Coffee/Tea	Brown sugar ham Cheesy mashers Buttered carrots Cornbread Fresh baked cookie Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Asian chicken salad Soup/crackers	Chef's choice fish Toms/rice/roll	Peanut butter/jelly sand. Green salad/dressing	Turkey sandwich with lettuce/tomato/chips	Vegetable quiche Tossed salad	Bean/cheese burrito Veggie blend	Gr salad w/turkey Chef's choice soup