

# BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/18/2022	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022	9/24/2022
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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 Toast/jelly banana Milk/Coffee/Tea	Juice of choice Cream of wheat Sausage patty Toast/jelly Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Yogurt cinnamon roll Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scramble w/cheese toast/jelly Fresh fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
open face shredded beef sand Carrots/onions/celery Mashers/gravy Fruit pie Milk/Coffee/Tea	Pork stew with potatoes cornbread Vegetable medley fresh baked cookie Milk/Coffee/Tea	burger dip w/cheese & onions on a bun tot triangles winter blend veggies fruit fluff Milk/Coffee/Tea	Chicken-n-dumplings Seasoned pasta Green peas  cookie time! Milk/Coffee/Tea	Smoked ham Baked potato/sr. cream capri veggies dinner roll Chocolate éclair Milk/Coffee/Tea	Tarragon chicken Spinach Buttered rice Dinner roll whipped pudding Milk/Coffee/Tea	Macaroni and cheese stewed tomatoes  Dinner roll Orange chiffon cake Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Hawaiian chicken thigh Potato/veggie	Turkey sandwich gr. Salad/soup	paprika chicken tot/veggies	Ham sandwich Lett/tom/chips	crabby patty/bun potato/veggie	Egg salad sandwich Pasta salad	Chef's choice fish pasta/toms/roll
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Egg salad Zesty veggie salad Dinner roll  Frosted cake Milk/Coffee/Tea	Chicken noodle cass. Mixed vegetables Dinner roll  pudding cup Milk/Coffee/Tea	Egg salad sandwich Tomato wedges  oreo cheesecake Milk/Coffee/Tea	turkey & rice cass. Seasoned carrots Dinner roll  Banana pudding Milk/Coffee/Tea	tater tot casserole Vegetable medley Dinner roll  Spiced peaches Milk/Coffee/Tea	Bell pepper casserole Buttered broccoli Dinner roll  Fruit crisp Milk/Coffee/Tea	Chicken salad Creamy coleslaw Dinner roll  Butterscotch pudding Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Tuna salad veg salad/roll	ham salad/dinner roll green salad/dressing	PB&J sandwich Chef's soup/tomatoes	Tuna sandwich Carrot salad	Cottage cheese/fruit Dinner roll	Turkey salad pasta salad/roll	Ham sandwich Coleslaw/Veg soup