

BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/2/2022	10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022	10/8/2022
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Oatmeal poached egg toast/jelly Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Sausage links Biscuit Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal scrambled/salsa danish Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat pancakes/syrup bacon Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Cottage cheese cherry chip muffin Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat hard cooked egg Toast/jelly Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal scramble/cheese Toast banana Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Honey mustard pork loin au gratin potatoes Green beans/craisins Dinner roll frosted cake Milk/Coffee/Tea	Chicken nuggets Tater triangles Scandanavian veggies dinner roll heavenly hash Milk/Coffee/Tea	Cheese ravioli/sauce Chuckwagon corn Garlic toast fresh baked cookie Milk/Coffee/Tea	Corn dog/mustard Mac and cheese buttered broccoli rhubard crisp Milk/Coffee/Tea	baked chicken mashers/gravy green peas/onion dinner roll Tapioca parfait Milk/Coffee/Tea	creamy beef stroganoff over pasta roasted zucchini dinner roll peaches and cream Milk/Coffee/Tea	ham/cheese casserole with potatoes br.sugar carrots cornbread Rosey pears Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Crabby patty/bun potatoes/veggies	Turkey sandwich Potato salad/veg soup	veggie patty corn/mashers/toast	Hot ham & cheese Mac&cheese/veg	Egg salad sandwich Green salad	Chef's chicken pasta/veggies	Chef's choice fish pots/veg/c-bread
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Tuna salad sandwich pea & cheese salad Pudding parfait Milk/Coffee/Tea	Sloppy joes/bun gr bean/corn mix frosted brownie Milk/Coffee/Tea	Egg salad sandwich Tomato wedges cream pie Milk/Coffee/Tea	Turkey pot pie Seasoned cabbage Dinner roll layered jello Milk/Coffee/Tea	Bacon/onion quiche Spinach salad dinner roll peanut butter mousse Milk/Coffee/Tea	Turkey salad sand Lettuce and tomato Veggie soup Pumpkin mousse Milk/Coffee/Tea	Chicken salad sandwich Coleslaw jello Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Ham sandwich lett/tom/pea salad	Tuna salad/roll Veggie salad	Ham sandwich Tomato wedges	PB&J sandwich toss salad/soup	cottage cheese/fruit spinach salad/roll	Tuna noodle cass. Mix veg/roll	Cheese sandwich slaw/veg soup

AVAILABLE DAILY HOUSE SALADS:
SUN=CHICKEN
MON=HAM
TUES=CHICKEN CAESAR

WED=TURKEY
THURS=CHICKEN
FRI=HAM
SAT=TURKEY