

Bethany at Silver Crest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/6/2022	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022	11/12/2022
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of Wheat Scrambled Eggs Bacon, Raisin Toast Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Biscuits & Gravy Hard Boiled Egg Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Waffle w/syrup Ham Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Cheesy Eggs w/diced ham Toast/Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Cinnamon Roll Hard Boiled Egg Bacon/Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Veggie Scramble Country Potatoes Fruit	Juice of choice Cream of Wheat French Toast Sausage Fresh Fruit
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Baked Cod Buttered Rice Mixed Veg. Choc. Chip Cookie	Dijon Pork Loin Au Gratin Potatoes Green Bean Almondine Apple Pie	Meatloaf Mashed Potatoes w/Gravy Mixed Veg. Éclair	Chicken & Veg Stir Fry W/ Yakisoba Noodles Egg Roll Apple Cranberry Crisp	Pot Roast Baked Potato w/sour cream Buttered Carrots Cheesecake Cup	Creamy Mac & Cheese Peas & Carrots Chocolate Cake	Balsamic Chicken Roasted Potatoes Broccoli Ice Cream
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Cheesy Pasta Florentine Mixed Veg	Shrimp Jambalya Green Beans	Bratwurst w/sourkraut on bun with mixed veg.	Veg Quiche Cauliflower	Chicken Salad On Croissant 3 Bean Salad	Sloppy Joes Tator Tots Side Salad	Stuffed Bell Peppers Carrots
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Tenders Waffle Fries Cauliflower Jell-O Cake Milk/Coffee/Tea	Homestyle Chili Cornbread Lemon Bar Milk/Coffee/Tea	Garlic Chicken Roasted Potatoes Buttered Corn Berry Cream Pie Milk/Coffee/Tea	Tuna Noodle Casserole Steamed Peas Sugar Cookie Milk/Coffee/Tea	Grilled Ham & Cheese French Fries Mixed Green Salad Tapioca Pudding Milk/Coffee/Tea	Chicken Fried Steak w country gravy Mashed Potatoes Green Beans Fruited Jello Milk/Coffee/Tea	Turkey Divan Mixed Veg Dinner Roll Frosted Cupcake Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Tator Tot Casserole Cauliflower	Pizza Green Salad	Tuna Salad Sandwich Green Salad	Sweet & Sour Meatballs Rice Steamed Peas	Cottage Cheese & Fruit Plate Roll	Pasta Primavera Roll	Tortellini w/Tomato Garden Salad