

Bethany at Silver Lake

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/22/2023	1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023	1/28/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Poached egg Fruity muffin Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scrambled eggs Biscuit 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 Diced potatoes Toast/fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Yogurt Fruit muffin fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Scrambled eggs Toast/jelly Banana Milk/Coffee/Tea	Juice of choice Cream of wheat Breakfast ham Biscuit fresh fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pineapple ham Cheesy mashers Gr. Beans/craisins Dinner roll Frosted cake Milk/Coffee/Tea	Chicken-N-dumplings Mixed vegetables Dinner roll Van/strawberry swirl Milk/Coffee/Tea	Hamburger Casserole with pasta Diced carrots Dinner roll Orange fluff Milk/Coffee/Tea	Cran glazed pork Au gratin potatoes Steamed broccoli Dinner roll Rice krispie treat Milk/Coffee/Tea	Orange chicken Orange rice Capri vegetables Frosted brownie Milk/Coffee/Tea	Hearty ham&beans Baked potato/sr.cream Country cabbage Cornbread Cinnamon pears Milk/Coffee/Tea	Chicken parmesan Buttery pasta Normandy veggies Dinner roll Frosted cupcakes Milk/Coffee/Tea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken casserole over white rice Buttered broccoil Dinner roll Lemon peaches Milk/Coffee/Tea	Macaroni & cheese stewed tomatoes dinner roll Fresh baked cookie Milk/Coffee/Tea	Sliced honey ham Scalloped potatoes Green salad Dinner roll Yum yum pie Milk/Coffee/Tea	Turkey pot pie with potatoes Veggie blend Dinner roll jello jewels Milk/Coffee/Tea	Unstuffed peppers with rice Tossed salad Garlic biscuit fresh baked cookie Milk/Coffee/Tea	smothered beef patty Mashed potatoes veggie blend dinner roll Strawberry shortcake Milk/Coffee/Tea	Beef stew with potatoes Parslied corn Cornbread Pudding parfait Milk/Coffee/Tea
LUNCH AND DINNER ALTERNATES						
Offered Daily: Hamburger, Egg Salad Sandwich, Chicken Salad Sandwich, Deli Meat & Cheese, PBJ, Grilled Cheese with daily side salad						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Carrot Salad	Tomato Salad	Beet Salad	Carrot Salad Daily Side Salad	Tomato Onion Salad	Beet Salad	Tomato Salad
Offered Daily: Entrée Salad of the Day						
Green salad w/chicken	Green salad w/shrimp	Green salad w/turkey	Chicken Caesar Salad	Chef salad	Asian chicken salad	Green salad w/ham
Offered Daily: Beef patty or Chicken patty with sides of the day (may substitute mashed potatoes & gravy)						
Offered Daily: Cottage Cheese & Fruit Plate, Yogurt & Fruit Plate						
Soups: tomato, vegetable, chicken noodle						
***HOUSE SALADS ARE ONLY AVAILABLE ON THE LISTED DAYS MONDAY=SHRIMP THURS=CHEF ETC NO SUBS AVAILABLE						
Nourishment Room Snacks: Fresh fruit (oranges or bananas), Veggie plate (cucumber, carrots, celery), Cereal bars, Cheese slices Cold Cereals (Cornflakes, Rice Krispies, Cheerios, Raisin Bran), Crackers (Graham, Ritz, Saltine, Cheez it's), Potato Chips, Pudding, Jello, Ice Cream, Cookies						

Kim Ayers CDM CFPP

Menu/Snack Availability Subject to Change

Week 2