

# Bethany at Silver Crest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/19/2023	3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023	3/25/2023
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Juice of choice Cream of Wheat Cinnamon Roll Scrambled Eggs Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Pancakes Bacon Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Fruit & Yogurt Parfait Croissant Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Cheesy Eggs Sausage links & Toast/Fruit Milk/Coffee/Tea	Juice of choice Cream of Wheat Bacon Onion Quiche Strawberry Muffin Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Veggie Scramble Triangle Hashbrown Fruit	Juice of choice Cream of Wheat Coffee Cake Sausage Links Hard Boiled Egg Fresh Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>
Penne' pasta with Meat sauce Green Salad Garlic bread  Sugar Cookie	Glazed Ham Au gratin Potatoes Baby Carrots  Chocolate Chip Cookie	Butternut Squash Ravioli w/Alfredo Mixed Vegetable Garlic Bread Cheesecake cup with cherries	Country fried steak w/country gravy Mashed Potatoes Beets  Chocolate Cream Pie	Lemon Cod Baked Potato w/sour cream Creamed Peas Apple Pie	Mango glazed Chicken Steamed Rice Green Beans  Chocolate Cake	Herb Chicken Breast Roasted Potatoes Broccoli  Ambrosia
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Fish sandwich Coleslaw	Krab Cake Rice Pilaf Mixed Veg	Tator Tot Casserole Broccoli	Vegetable Lasagna Green Beans Roll	Chicken Salad on Croissant 3 bean salad	Tortillini Salad Roll	Mac & Cheese Broccoli
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Pepperoni Pizza Green Salad  Sherbet Cup Milk/Coffee/Tea	Chicken & Dumplings Steamed Broccoli  Rice Pudding Milk/Coffee/Tea	Tomato Soup Grilled Cheese Sand. Baby Carrots  Mandrin Orange Jello Milk/Coffee/Tea	Herbed Pork Loin Homestyle Stuffing Mixed Veg.  Lemon Cake Milk/Coffee/Tea	Spaghetti w/ Meat sauce Green Salad  Vanilla Pudding Milk/Coffee/Tea	Fish & Chips Coleslaw  Cookie Milk/Coffee/Tea	Hot Dog on bun Baked Beans Coleslaw  Sherbet Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Cottage Cheese & Fruit Plate Roll	Turkey & Cheese Sand Green Salad	Tuna Sandwich Cucumber Salad	Bean & Cheese Burrito Salsa/ Sour Cream Spanish Rice	Chicken Caesar Salad Bread Stick	Ham & Cheese Sand. Green Salad Chips	Unstuffed Bell Pepper Skillet Roll