

# BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/12/2023	3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023	3/18/2023
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 Diced potatoes Toast/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 Lemon peaches Milk/Coffee/Tea	Pepperoni pizza Green beans  fresh baked cookie Milk/Coffee/Tea	Cheeseburgers/bun lettuce and tomato ranch beet/onion salad Tater triangles fruit fluff Milk/Coffee/Tea	Chicken breast green peas w/onions mashers/gravy dinner roll fruit pie Milk/Coffee/Tea	Smoke ham baked potato/sour cream Capri veggies Dinner roll Frosted cake Milk/Coffee/Tea	Tarragon chix thigh lt.cuke/tom/onion salad Buttered rice Dinner roll whipped pudding Milk/Coffee/Tea	Macaroni and cheese stewed tomatoes Dinner roll  Orange chiffon cake Milk/Coffee/Tea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Garlic shrimp over linguine Germany veggies Dinner roll Frosted cake Milk/Coffee/Tea	Baked chix thigh Stuffing Veggie blend dinner roll pudding cup Milk/Coffee/Tea	Almira's spaghetti with meat sauce Veggie medley Garlic toast oreo cheesecake Milk/Coffee/Tea	Grilled salmon Asparagus lemon rice  Fruit cobbler Milk/Coffee/Tea	tater tot casserole Corn/red pep salad Dinner roll  Spiced peaches Milk/Coffee/Tea	Bell pepper casserole Buttered broccoli Dinner roll  Fruit crisp Milk/Coffee/Tea	Chicken drumsticks Steamed rice Coleslaw Dinner roll Jello jewels 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	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\*\***