

Bethany at Silver Lake

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
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Oatmeal Poached egg Donut holes Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat breakfast ham Biscuit Fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal French toast/syrup Sausage patty 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 scrambled/salsa Toast/jelly Fresh fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Yogurt Muffin Fruity fresh fruit Milk/Coffee/Tea	Juice of choice Oatmeal Sausage Toast/jelly Fresh fruit Milk/Coffee/Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken/cheese enchalida casserole Veggie blend Mini cheese nachos Frosted cake Milk/Coffee/Tea	Swedish meatballs over rice Green beans/craisins Dinner roll A cool cookie Milk/Coffee/Tea	Seasoned chix thigh Sweet potatoes Cauliflower Dinner roll Cinnamon peaches Milk/Coffee/Tea	Kim's meatloaf Roasted red potatoes Buttery corn Dinner roll Peanut butter cake Milk/Coffee/Tea	Baked glazed ham Seasoned pinto beans Tomato spoon salad Dinner roll Brown sugar cake Milk/Coffee/Tea	Chicken drumsticks Parslied pasta Ranch beet salad Buttery biscuit Rice pudding Milk/Coffee/Tea	Grape jelly meatballs Steamed rice Veggie blend Dinner roll Assorted desserts Milk/Coffee/Tea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Cheese raviolis/sauce Italian veggies Garlic dinner roll Fruit fluff Milk/Coffee/Tea	Grilled cheese sand Basil tomato soup Crackers Juicy watermelon Milk/Coffee/Tea	Seasoned cod loin Green peas Buttery red potatoes cornbread Pudding parfait Milk/Coffee/Tea	Mushroom chix breast Fried rice Mixed veggies Dinner roll Cinnamon pears Milk/Coffee/Tea	Beef pot pie Capri veggies Dinner roll bread pudding Milk/Coffee/Tea	Roasted turkey Mashers/gravy Green beans Dinner roll Fruit fluff Milk/Coffee/Tea	Chicken patty/gravy/bun Buttered carrots Mashers/gravy Sunshine jello 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
Daily Side Salad						
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****