

# BETHANY AT SILVER LAKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/21	5/22	5/23	5/24	5/25	5/26	5/27
<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 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/fresh fruit 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
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
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 drumsticks Green peas w/onion Mashers/gravy Dinner roll Fruit of the forest pie Milk/Coffee/Tea	Ham Au gratin Capri veggies Dinner roll  Frosted cake Milk/Coffee/Tea	Tarragon chix thigh it.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
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
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	Mushroom quiche Veggie medley Cornbread  oreo cheesecake Milk/Coffee/Tea	BBQ pork on a bun Mixed vegetables  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
<b>LUNCH AND DINNER ALTERNATES</b>						
<b>Offered Daily: Hamburger, Egg Salad Sandwich, Chicken Salad Sandwich, Deli Meat &amp; Cheese, PBJ, Grilled Cheese with daily side salad</b>						
<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
Daily Side Salad						
Carrot Salad	Tomato Salad	Beet Salad	Carrot Salad	Tomato Onion Salad	Beet Salad	Tomato Salad
<b>Offered Daily: Entrée Salad of the Day</b>						
Green salad w/chicken	Green salad w/shrimp	Green salad w/turkey	Chicken Caesar Salad	Chef salad	Asian chicken salad	Green salad w/ham
<b>Offered Daily: Beef patty or Chicken patty with sides of the day (may substitute mashed potatoes &amp; gravy)</b>						
<b>Offered Daily: Cottage Cheese &amp; Fruit Plate, Yogurt &amp; Fruit Plate</b>						
<b>Soups: tomato, vegetable, chicken noodle</b>						
<b>****HOUSE SALADS ARE ONLY AVAILABLE ON THE LISTED DAYS MONDAY=SHRIMP THURS=CHEF ETC NO SUBS AVAILABLE</b>						
<b>Nourishment Room Snacks:</b> 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						

*Chef Greg McAmmonds*  
CFPM

**\*\*Menu/Snack Availability Subject to Change\*\***