



# Bethany at Silver Lake



<b>Sunday</b> <b>9/17/2023</b>	<b>Monday</b> <b>9/18/2023</b>	<b>Tuesday</b> <b>9/19/2023</b>	<b>Wednesday</b> <b>9/20/2023</b>	<b>Thursday</b> <b>9/21/2023</b>	<b>Friday</b> <b>9/22/2023</b>	<b>Saturday</b> <b>9/23/2023</b>
<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 Bagel w/cream cheese Cheesy Eggs Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Pancakes Ham Slice Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Yogurt Parfait Croissant Fried egg Patty Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Breakfast Sandwich (Egg, Sausage, Cheese) on biscuit Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Breakfast Burrito Oven Potatoes Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Cinnamon French Toast Candian Bacon Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Veggie Scramble Danish Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Applewood Ham Baked Potato w/sour cream Blend Veg. Ambrosia Milk/Coffee/Tea	Baked Chicken legs Mac and Cheese Assorted Vegetable Vanilla Pudding Milk/Coffee/Tea	Polish Sausage Rosemary Potato Beet Salad Chocolate Cake Milk/Coffee/Tea	Sloppy Joe on bun Fries Carrot raisin salad Cream Puff Milk/Coffee/Tea	Fajita Chicken Casserole Cream Corn Rice krispy treat Milk/Coffee/Tea	Seasoned chicken thighs Mashed Potatoes & Gravy Mixed Vegetable Churro Milk/Coffee/Tea	Fish & Chips Coleslaw Lemon Cake Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Tuna Salad Sandwich 3 bean Salad	French Dip Green Beans	Cheesy bowtie pasta Salad Beets	Chicken Salad On Croissant Carrot Raisin Salad	Pasta salad Dinner Roll	Ham & Cheese Sandwich Green Salad	Cabbage Roll Baby Carrots Roll
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Salisbury Steak Mashed Potatoes Stewed Tomatoes Cookie Milk/Coffee/Tea	Pizza Green Salad Orange Jello w/mandrins Milk/Coffee/Tea	Spaghetti w/meat sauce Steamed Broccoli Garlic Bread Choc chip cookie Milk/Coffee/Tea	Homestyle Chili w/cheese & onions Corn Muffin Apple Pie Milk/Coffee/Tea	Encrusted pork loin Au Gratin Potato Broccoli Ice Cream Cup Milk/Coffee/Tea	Beef Stir Fry w/yakisoba Spring Roll Strawberry Cream Pie Milk/Coffee/Tea	Cheeseburger Jojos Lettuce, tomato Pickles Frosted Brownie Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Chicken Tendar Wrap Coleslaw	BBQ pulled chicken on bun Green Salad	Vegetable Quiche 3 bean salad Roll	Tuna Salad Sandwich Green Salad	Cottage Cheese & Fruit Plate Roll	Veg. Lasagna Garlic bread Salad	Hot Dog Jojo Brownie