



Bethany at Silver Lake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/24/2023	9/25/2023	9/26/2023	9/27/2023	9/29/2023	9/30/2023	10/1/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Maple Bar Hard Boiled Egg Bacon/Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Fruit & Yogurt Parfait Croissant Milk/Coffee/Tea	Juice of choice Cream of wheat Cheese Omelet Sausage Links Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Breakfast Sand.w/sausage,egg & cheese. Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Cheesy Eggs Raspberry white Scone Fruit	Juice of choice Oatmeal French Toast Canadian Bacon Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Cinnamon Roll Scrambled Eggs/Ham Fresh Fruit Milk/Coffee/Tea
Alt Cold Cereal	Alt Cold Cereal	Alt Cold Cereal	Alt Cold Cereal	Alt Cold Cereal	Alt Cold Cereal	Alt Cold Cereal
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dijon Chicken Roasted Potato Green Beans Ambrosia Milk/Coffee/Tea	Macaroni & Cheese Bratwurst Candied carrots Chocolate Cake Milk/Coffee/Tea	Meatloaf Mini Baked Potato w/Sour Cream Buttered Peas & Carrots Vanilla Pudding Milk/Coffee/Tea	Cheeseburger Lettuce/Tomato Pickles/Onion Potato salad Sugar Cookie Milk/Coffee/Tea	Chicken Tenders Tator tots Sauteed Zucchini Rice Krispie Treat Milk/Coffee/Tea	Herbed Pork Loin Mashed Potatoes w/gravy Cauliflower w/cheese Ice Cream Milk/Coffee/Tea	Chicken Cordon Bleu Oven Potatoes Mixed Vegetable Brownie Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Bean & Cheese Burrito Spanish Rice Green Bean	Spinach Salad w/chicken & Raspberry Vinegrette/ Roll	Tuna Casserole Buttered Peas & Carrots	Chicken Verde Cass. Buttered Corn	French Dip Sandwich w/Au Jus Green Salad	Fish & Chips Coleslaw	Stuffed Bell Pepper Carrots Roll
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Salisbury steak Lemon Pepper Broccoli Mashed potato Bread Stick Ice Cream Cup Milk/Coffee/Tea	Grilled Chicken Sandwich Lett/Tom/Onion French Fries Cookies Milk/Coffee/Tea	Bacon & Onion Quiche 3 bean salad Roll Watermelon Milk/Coffee/Tea	Spaghetti meat ball Garlic Bread Green Salad Chocolate Cream Pie Milk/Coffee/Tea	Baked Ham Au Gratin Potatoes Baby Carrots Jello Milk/Coffee/Tea	Chicken Mushroom Alfredo Broccoli Bread Stick Mandarin Orange parfait Milk/Coffee/Tea	Swedish Meatballs Mashed Potato Green Beans Cookies Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Cottage Cheese & Fruit Plate Roll	Fish Fillet Steamed Rice Broccoli	Turkey w/ Cheese Sand. Green Salad Chips	Egg Salad Sandwich Green Salad	Pasta Primavera Garlic Toast	Tuna Salad Sandwich 3 bean salad	Turkey Roll Up w/ Cranberry cream cheese Green Salad

Spring/Summer 2023
Chef Greg McCammond CFPM

Week 4

MENU IS SUBJECT TO CHANGE