



Bethany at Silver Lake



Sunday 1/28/2024	Monday 1/29/2024	Tuesday 1/30/2024	Wednesday 1/31/2023	Thursday 2/1/2023	Friday 2/2/2024	Saturday 2/3/2024
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Classic Pancakes Bacon Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Cheesey Scramble Sausage Links Toast Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Western Omelet Breakfast Potato Toast Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Breakfast Biscuit Eggs / Cheese Sausage Patty Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Strawberry Blintz Sausage Link Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal French Toast Canadian Bacon Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Scrambled Eggs Bacon Toast Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken Garlic Mashed Herbed Green Beans Apple Tart Milk/Coffee/Tea	Meat Lasagna Garden Salad Bread Stick Mocha Cake Milk/Coffee/Tea	Hammy Mac and Cheese Winter Vegetable Cookie Milk/Coffee/Tea	Cheesy Potato & Ground Beef Casserole Green Beans Yellow cake Milk/Coffee/Tea	Slow Roasted Turkey Stuffing Sweet Potato Green Beans Pumpkin Pie Milk/Coffee/Tea	Hamburger on bun Lettuce/Tomato/Onion Seasoned Fries Sherbet Milk/Coffee/Tea	Breaded pork Chop Mashed Potato & Gravy Mixed Vegetables Asst Desserts Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Seasoned Tilapia Garlic mashed Herbed green beans	Ham and cheese Chips Moca cake	Asian Chicken Salad Garlic Toast Cookie	Chicken Salad on Croissant Yellow Cake	Sliced Ham Sweet Potato Green Bean	Tuna Salad Sandwich BBQ Chips	Fishwich w/Cheese Coleslaw
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Meatball Stroganoff Buttered Noodles Candied carrots Ice Cream Milk/Coffee/Tea	Lemon Pepper Cod Rice Pilaf Broccoli Fruited Jello Milk/Coffee/Tea	Country Fried Steak Mashed Potatoes Vegetable blend Watermelon Milk/Coffee/Tea	German Sausage On a bun Sauerkraut Potato Salad Cookie Milk/Coffee/Tea	Fish and Chips Cole Slaw Tartar Vanilla Pudding Milk/Coffee/Tea	Chicken Tendars Pasta Salad Candied carrots Brownie Milk/Coffee/Tea	Chef Salad Ranch Dressing Bread stick Apple crisp Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Vegetable Quiche Seasonal Fruit Ice Cream	Pork McRiblet Frys Fruited Jello	Cheese Enchiladas Mixed vegetable Watermelon	Vegetable Lasagna Green Salad Cookie	Cottage Cheese & Fruit Plate Roll	Veggie Egg Roll Sesame Carrot Salad	Roast beef & Cheese Sandwich

Fall Winter 2023
Chef Greg Mccammond CFPM

Week 5

*****MENU IS SUBJECT TO CHANGE****