



# Bethany at Silver Lake



Sunday 1/21/2024	Monday 1/22/2024	Tuesday 1/23/2024	Wednesday 1/24/2025	Thursday 1/25/2024	Friday 1/26/2024	Saturday 1/27/2024
<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 waffle patty  Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Cheesy Scramble toast  Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Biscuits w/ Sausage Gravy Hard Boiled Egg Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Cheese Omelet Bacon Toast Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Blueberry Filled Pancake Cheesy Eggs Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Veggie Scramble Bacon Raisin Toast Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Hard Boiled Egg Sausage Links Toast 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>
Tuna melt Potato Salad  Choc. Chip cookie Milk/Coffee/Tea	Seafood Pasta Fettuccini Garlic Bread  Lemon Cake Milk/Coffee/Tea	Baked Ziti Garlic Toast Green Salad  Ice Cream Cup Milk/Coffee/Tea	Beef Stew Biscut  Pistachio Pudding Milk/Coffee/Tea	Stuffed Bell pepper Spanish Rice Baby Carrots  Homemade Custard Pie Milk/Coffee/Tea	Roast Pork Loin Garlic Mashed Blend Veg.  Fruit Tart Milk/Coffee/Tea	Fish & Chips Coleslaw  Sherbet Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Roast Beef and Cheese Potato salad	Polish Sausage Sauerkraut Chips	Chicken Verde Cass. Chuckwagon Corn	Bratwurst & Kraut on bun	Bean & Cheese Burrito Spanish Rice Corn	Turkey & Cheese Sand. W/ Lettuce & Tomato	Cheese Enchiladas Cole slaw
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Chicken Legs Au Gratin Potatoes Green Beans  Cake Milk/Coffee/Tea	Creamy garlic Chicken Mashed Potato seasonal Veg  Fruit Milk/Coffee/Tea	Salisbury Steak Meal Garlic Mashed Seasonal Vegetables Chocolate Cream Pie Milk/Coffee/Tea	Baked cod Fried rice Blend Veg.  Lemon Cake Milk/Coffee/Tea	Baked ham Au Gratin potato Green Beans  Ice Cream Milk/Coffee/Tea	Orange Chicken Rice Stir fried Vegetable  Brownie Milk/Coffee/Tea	Meatball stroganoff Pasta Blend Veg.  Strawberry Rhubarb Crisp Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Spinach Salad w/Chicken & Raspberry Vinegrette	Grilled Cheese Tomato soup	Chicken Salad on Croissant 3 bean salad	3 bean bacon salad Bread Stick	Chef Salad Ranch Dressing roll	Pizza Salad Ranch	Tuna Salad Sandwich w/lettuce & tomato Chips

Fall Winter 2023

Chef Greg Mccammond CFPM

Week 4

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