



# Bethany at Silver Crest



| <b>Sunday</b>  | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  | <b>Saturday</b>  |
|--|--|---|---|---|--|--|
| <b>7/28/2024</b>   | <b>7/29/2024</b>   | <b>7/30/2024</b>  | <b>7/31/2024</b>  | <b>8/1/2024</b>   | <b>8/2/2024</b>  | <b>8/3/2024</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<br>Cream of wheat<br>Veggie Scramble<br>Canadian Bacon<br>Fruit<br>Milk/Coffee/Tea       | Juice of choice<br>Oatmeal<br>Yogurt Parfait<br>Croissant<br>Milk/Coffee/Tea       | Juice of choice<br>Cream of wheat<br>Pancakes<br>Bacon<br>Fruit<br>Milk/Coffee/Tea  | Juice of choice<br>Oatmeal<br>Cheese Omelet<br>Blueberry Muffin<br>Fruit<br>Milk/Coffee/Tea | Juice of choice<br>Cream of wheat<br>French Toast Bake<br>Sausage Links<br>Fruit<br>Milk/Coffee/Tea | Juice of choice<br>Oatmeal<br>Ham & Cheese scramble<br>Toast<br>Fresh Fruit<br>Milk/Coffee/Tea | Juice of choice<br>Cream of wheat<br>Bacon Onion Quiche<br>Cranberry orange muffin<br>Fresh Fruit<br>Milk/Coffee/Tea |
| <b>Lunch</b>   | <b>Lunch</b>   | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>   | <b>Lunch</b>   |
| <b>Soup of the day</b>   | <b>Soup of the day</b>   | <b>Soup of the day</b>  | <b>Soup of the day</b>  | <b>Soup of the day</b>  | <b>Soup of the day</b>   | <b>Soup of the day</b>   |
| Meatloaf<br>w/mashed potatoes<br>& Gravy<br>Broccoli/Cauliflower<br>Assorted Desserts<br>Milk/Coffee/Tea | Pork Stir fry<br>w/yakisoba noodle<br>Spring Roll<br>Watermelon<br>Milk/Coffee/Tea | Creamy Mac & Cheese<br>Beets<br>Frosted Cake<br>Milk/Coffee/Tea                     | Beef Enchilada<br>Spanish Rice<br>Mixed Vegetable<br>Churro<br>Milk/Coffee/Tea              | Chicken Alfredo Pizza<br>Green Salad<br>Orange Creamsicle<br>Dessert                                | Shrimp Jambalaya<br>Cauliflower<br>Garlic Toast<br>Cheesecake Cup<br>Milk/Coffee/Tea           | Fish & Chips<br>Coleslaw<br>Lemon Pudding<br>Milk/Coffee/Tea   |
| <b>Alternate</b>   | <b>Alternate</b>   | <b>Alternate</b>  | <b>Alternate</b>  | <b>Alternate</b>  | <b>Alternate</b>   | <b>Alternate</b>   |
| Crab Cake<br>Rice Pilaf<br>Broccoli/Cauliflower  | Chicken Salad w/cran.<br>On Croissant<br>Three Bean Salad                          | Turkey Ranch<br>Cream Cheese Roll up<br>Green Salad                                 | Tuna Fish Sandwich<br>Green Salad/Chips   | Cheese Burger<br>w/Lettuce/Tomato<br>Fries  | Pulled Pork On Bun<br>Cauliflower  | Cottage Cheese<br>& Fruit Plate<br>Roll  |
| <b>Dinner</b>  | <b>Dinner</b>  | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>  | <b>Dinner</b>  |
| Fried Chicken Legs<br>Sweet Potato Cubes<br>Buttered Corn<br>Cookie<br>Milk/Coffee/Tea                   | French Dip<br>Greens Beans<br>Brownie<br>Milk/Coffee/Tea                           | Chicken Fajita<br>Casserole<br>Breadstick<br>Chocolate Ice Cream<br>Milk/Coffee/Tea | Cheese Ravioli<br>Italian Vegetable<br>Garlic Toast<br>Peach Pie<br>Milk/Coffee/Tea         | Crispy Pork Chop<br>Mashed Sweet Potatoes<br>Green Beans<br>Vanilla Pudding<br>Milk/Coffee/Tea      | Beef Goulash<br>Chuckwagon Corn<br>Garlic Toast<br>Cookie<br>Milk/Coffee/Tea                   | Chicken Cordon Blue<br>Mashed potatoes<br>w/Gravy<br>Peas<br>Jello w/Mandrins<br>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 & Cheddar<br>Sandwich<br>Green Salad  | Cheese Tortellini<br>w/vegetable salad<br>Roll                                     | Cottage Cheese<br>& Fruit Plate<br>Roll   | Chicken Tendars<br>Potato Salad<br>Coleslaw   | Turkey & Cheese<br>Sandwich<br>Green Salad  | Vegetable Lasagna<br>Chuckwagon Corn<br>Garlic Toast   | Ham & Cheese<br>Sandwich<br>Green Salad  |