



Bethany at Silver Lake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/29/2024	9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024	10/5/2024
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cream of wheat Eggs Benedict Hashbrown Potatoes Fresh Fruit Milk/Coffee/Tea	Oatmeal Biscuit and Gravy Hard Boiled Egg Fresh Fruit Milk/Coffee/Tea	Cream of wheat Cheese Omelet Toast Fresh Fruit Milk/Coffee/Tea	Oatmeal Egg Sausage Cheese Breakfast Sandwich Fresh Fruit Milk/Coffee/Tea	Cream of wheat Veggie Scramble Bacon Toast Fresh fruit Milk/Coffee/Tea	Oatmeal Pancakes Sausage Fresh Fruit Milk/Coffee/Tea	Cream of wheat Cheesy Scrambled Danish 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
Breaded Pork Chop Country Gravy Whipped Potato Seasoned Beans Vanilla pudding Milk/Coffee/Tea	Hamburger Stroganoff Buttered Noodles Candied carrots Apple Chrisp Milk/Coffee/Tea	Garlic Herbed Chicken Roasted Red Skins Potatoes Key West Veggies Boston creamPie Milk/Coffee/Tea	Meat Lasagna Italian vegetable Garlic bread Mocha Cake Milk/Coffee/Tea	Beef Yakisoba Stir Fry Veggies Egg Roll Fortune Cookie Vanilla Ice Cream Milk/Coffee/Tea	Ranch Chicken Chuckwagon Corn Mashed /Gravy Watermelon Milk/Coffee/Tea	Baked Ham Baked Beans Broccoli Sherbet Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Baked Chicken whipped potato Seasoned beans	Hot turkey Sandwich Mashed Potato Candied Carrots	Meatball Sub Tossed Salad Boston Cream Pie	Fish & Chips ColeSlaw Mocha Cake	Greman Sausage Sauerkraut Red Potato Salad	Tuna Salad Sandwich Croissant Bbq Chip	Chicken Caesar Salad Roll
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Stuffed Shells Roassted Zucchini Garlic Bread Strawberry Shortcake Milk/Coffee/Tea	Baked Tilapia Garden Rice Seasonal Vegetable Lemon Cake Milk/Coffee/Tea	BBq Pork on Bun Baked Beans Cole Slaw Peaches w/ Whip Milk/Coffee/Tea	Fried Chicken Mashed Potato Green Beans Brownie Milk/Coffee/Tea	Bacon Burger French Frys Relish plate Rainbow Sherbet Milk/Coffee/Tea	Pizza Salad Mandrin Orange parfait Milk/Coffee/Tea	Baked Cod Mini Bakers Green Beans Mixed Veggies Cookies Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Salisbury steak mashed potato Roasted Zucchini	Grilled Cheese Tomato Soup Lemon cake	Cottage Cheese Fruit Plate Bread stick	Hot Roast Beef Sandwich Mashed potato	Hot Turkey Sandwich Mashed potato Green beans	Egg Salad Sandwich Chips	Chicken burger Relish plate Fries