



Bethany at Silver Lake



Sunday 9/8/2024	Monday 9/9/2024	Tuesday 9/10/2024	Wednesday 9/11/2024	Thursday 9/12/2024	Friday 9/13/2024	Saturday 9/14/2024
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice Cream of wheat Waffle Sausage Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Egg Patty Bacon Hashbrown Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream Of Wheat Scrambled Eggs Sausage Cinnamon Roll Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Cheese Omelet Toast Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Ham and Egg Skillet Muffin Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Biscuits and Gravy Hard Boiled Egg Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Pancake Sausage Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roasted Pork Loin Mashed w/Gravy Spinach w/Mushroom Peach Cobbler Milk/Coffee/Tea	Beef Fajitas Sauted Onions / Peppers Tortilla Spanish Rice Churros Milk/Coffee/Tea	Baked ham Baked beans Cole Slaw Corn Bread Pineapple Upside Down Milk/Coffee/Tea	Crispy Pork Chops Roasted Baby Reds Herbed Green Beans Chocolate Cup Cake Milk/Coffee/Tea	Baked White Fish Rice Pilaf Asparagus Strawberry Short Cake Milk/Coffee/Tea	Fried Chicken Mashed Potatoes & Gravy Mixed Vegetable Brownie Milk/Coffee/Tea	Cheeseburger Relish plate Jojos Brownie Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Chicken Salad Sandwich 3 bean Salad	Tuna Wrap Lettuce/Tomato	All Beef Hot Dog Saurekraut	French Dip Aujus Carrot Raisin Salad	Chicken Caesar Dinner Roll	Ham & Cheese Sandwich Green Salad	Hot Dog Jojo Brownie
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Country Fried Steak Mashed Potatoes Winter Vegetable Cookie Milk/Coffee/Tea	Chicken Parm Buttered Noodles Italian Vegetables Orange Jello w/mandrins Milk/Coffee/Tea	Spaghetti w/meat sauce Steamed Broccoli Garlic Bread Choc chip cookie Milk/Coffee/Tea	Homestyle Chili w/cheese & onions Corn Muffin Apple Pie Milk/Coffee/Tea	BBQ ribs Baked Beans Potato Salad Moca Cake Milk/Coffee/Tea	Beef Stir Fry w/yakisoba Spring Roll Strawberry Cream Pie Milk/Coffee/Tea	Hawaiian Meatball Rice Stir Fry Veg Ice Cream Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Fish Sanwich Coleslaw	Cheese Burger Relish Plate French Fries	Vegetable Quiche Fruit Cup Roll	Turkey and Cheese Green Salad Chips	Cottage Cheese & Fruit Plate Roll	Veg. Lasagna Garlic bread Salad	Chicken Strips Rice Dipping sauce