

Bethany at Silver Lake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/10/2024	11/11/2024	11/12/2024	11/13/2024	11/14/2024	11/15/2024	11/16/2024
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Juice of choice	Juice of choice	Juice of choice	Juice of choice	Juice of choice	Juice of choice	Juice of choice
Oatmeal	Cream Of wheat	Oatmeal	Cream of wheat	Oatmeal	Cream of wheat	Oatmeal
Cheeasy Skillet Eggs	Bacon And Eggs	Blueberry Pancake	Veggie Scrambled	Strawberry Waffle	Ham, Egg, Potato	Cheese Omelet
Breakfast Potato	Hash Browns	Sausage		Scrambled Egg	Breakfast Skillet	Toast
Fresh Fruit	Fresh Fruit	Fresh Fruit	Raisin Toast		Fresh Fruit	Fresh Fruit
Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	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
Chicken Marsala	Shepards Pie	Lemon Pepper Chicken	Meat Loaf	Cheese Burger	Fish and chips	BBQ Chicken
Creamy Garlic Pasta	Peas and Carrots	Rice Pilaf	Cheese mashed potato	Relish Plate	Cole Slaw	Potato Salad
Seasonal Vegetable		Steamed Broccoli	Capri Blend	Seasoned Frys	Tartar	Green Beans
Fruit Crisp	Lemon cake	Ice Cream	Pumpkin Pie	Cookie	Lemon Meringue	Watermelon
Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Roasted Pork Loin	Fish Tacos	Roast Beef / Cheese	Parm Chicken	Chicken Burger	Chicken Salad Croissant	Tuna Wrap
Creamy Garlic pasta	Cole Slaw	Sandwich	Cheesy Mashed	Relish plate	Pasta Salad	Lettuce, Tomato
Seasonal Vegetable	Spanish Rice	Chips	Capri Blend	Seasoned frys		Chips
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Tenders	Breaded Pork Chop	Pulled pork	Tomato Soup	Salisbury Steak	Spaghetti Meat Sauce	Stuffed Pasta Shells
Dipping Sauce	Au Gratin Potato	BBq sauce	Grilled Cheese	Baked Potato	Garlic bread	Alfredo Sauce
French Fries	Beets	Cole Slaw		Herbed Green Beans	Roasted Zuccini	Italian Vegetables
		Baked Beans				
Chocolate Cake	Peach Cobbler	Frosted cake	Fresh Fruit	Ambrosia	Fruit Tarts	Frosted cake
Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Pizza	Bacon Cheese Quiche	Egg Salad sandwich	Baked Chicken Legs	Seafood Salad	Old School Hot Dog	Baked White Fish
Green Salad	Fresh Fruit	Chips	Jojos	Roll	Mac Salad	Rice
	Peach Cobbler	Frosted cake	Green Beans	Ambrosia	Fruit Tarts	Italian Vegetables

Fall /Winter 2024 Chef Greg McCammond CFPM