



# Bethany at Silver Lake



<b>Sunday</b> <b>12/1/2024</b>	<b>Monday</b> <b>12/2/2024</b>	<b>Tuesday</b> <b>12/3/2024</b>	<b>Wednesday</b> <b>12/4/2024</b>	<b>Thursday</b> <b>12/5/2024</b>	<b>Friday</b> <b>12/6/2024</b>	<b>Saturday</b> <b>12/7/2024</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 Cream of wheat Waffle Scrambled Egg  Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Biscuits & Gravy Hard Boiled Egg  Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Cheese omelet Breakfast Potato Toast Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal Breakfast Biscuit Eggs / Cheese Sausage Patty Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scrambled Sausage Link Scone Fresh Fruit Milk/Coffee/Tea	Juice of choice Oatmeal French Toast Canadian Bacon  Fresh Fruit Milk/Coffee/Tea	Juice of choice Cream of wheat Scrambled Eggs Bacon Toast 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
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Yankee Pot Roast Onions, Carrots Mashed Potato  Chocolat Cream Pie Milk/Coffee/Tea	Smothered Chicken Rice Pilaf Roasted Zucchini  Strawberry Peaches Milk/Coffee/Tea	Hammy Mac and Cheese Winter Vegetable  Cookie Milk/Coffee/Tea	Cheesy Potato & Ground Beef Casserole Green Beans Yellow cake Milk/Coffee/Tea	Creamy Chicken & Dumplings Mixed Vegetable Fruit Crisp Milk/Coffee/Tea	Hamburger on bun Lettuce/Tomato/Onion Seasoned Fries  Sherbet Milk/Coffee/Tea	Breaded pork Chop Mashed Potato & Gravy Mixed Vegetables Asst Desserts Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Ranch Chicken Garlic mashed Herbed green beans	Pulled Pork Potato Salad Baked Beans	Asian Chicken Salad Garlic Toast Cookie	Chicken Salad on Croissant Yellow Cake	Sliced Ham Mashed Potato Mixed Vegetables	Tuna Salad Sandwich BBQ Chips	Fishwich w/Cheese Coleslaw
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Teriyaki Meatball Rice Candied carrots  Ice Cream Milk/Coffee/Tea	Lemon Pepper Cod Rice Pilaf Broccoli  Fruited Jello Milk/Coffee/Tea	Country Fried Steak Mashed Potatoes Vegetable blend  Watermelon Milk/Coffee/Tea	Greman Sausage On a bun Saurekraut Potato Salad Cookie Milk/Coffee/Tea	Fish and Chips Cole Slaw Tartar  Vanilla Pudding Milk/Coffee/Tea	Chicken Tendars Pasta Salad Candied carrots  Brownie Milk/Coffee/Tea	Chef Salad Ranch Dressing Bread stick  Apple 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>
Seafood Pasta Salad Seasonal Fruit Ice Cream	Pork McRiblet Frys Fruited Jello	Cheese Enchiladas Mixed vegetable Watermelon	Vegetable Lasagna Green Salad Cookie	Cottage Cheese & Fruit Plate Roll	Veggie Egg Roll Sesame Carrot Salad	Roast beef & Cheese Sandwich

Fall Winter 2024  
Chef Greg Mccammond CFPM

Week 5

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