



# Bethany at Silver Lake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1/12/2025</b>	<b>1/13/2025</b>	<b>1/14/2025</b>	<b>1/15/2025</b>	<b>1/16/2025</b>	<b>1/17/2025</b>	<b>1/18/2025</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
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  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
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Breaded Pork Chops Whipped Potato  Country Gravy Seasoned Beans Vanilla pudding Milk/Coffee/Tea	Ground Beef 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
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
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
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Salisbury Steak Roassted Zucchini Baby Bakers  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
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Vegetable Lasagna Salad Garlic bread	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