



# Bethany at Silver Lake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/6/2025	7/7/2025	7/8/2025	7/9/2025	7/10/2025	7/11/2025	7/12/2025
<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 Biscuits and Gravy Hard Boiled Egg  Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Bacon and Scramble Hashbrowns  Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Sausage Egg and Cheese Breakfast Sanwich  Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Oatmeal Pancakes Links  Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Breakfast Burrito Potato Obrien  Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Biscuits & Gravy Hardboiled Egg  Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal	Juice of choice Cream of wheat Veggie Scramble Danish  Fresh Fruit Milk/Coffee/Tea Alt Cold Cereal
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Cordon Bleu Mashed Potato Green Beans  Peach Cobbler Milk/Coffee/Tea	Beef Fajita Sautéed Peppers & Onions Spanish Rice  Ice Cream Milk/Coffee/Tea	Chicken Dijon Parsley Rice Mixed Vegetables  Pineapple Upsidedown Milk/Coffee/Tea	French Dip AuJus Frys Coleslaw Asst. Desert Milk/Coffee/Tea	Country Fried Steak Vegetables Normandy Baby Bakers  Orange Shebert Milk/Coffee/Tea	Fish and Chips coleslaw Tartar  Fruit Parfait Milk/Coffee/Tea	Ground Beef Stroganoff Buttered Pasta Carrots  Butterscotch Pudding Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Cottage Cheese Fruit Roll	Tuna melt Chips	Bratwurst on a bun Saurekraut Potato Salad	BBQ Pork On a Bun Green Salad	Chicken Tenders Honey mustard Baby Bakers	Roast Beef & Cheese Sandwich Green Salad	Garlic Chicken Buttered Noodles Carrots
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Breaded Pork Patty Rice Pilaf Cauliflower  Cookie Milk/Coffee/Tea	Baked Ziti Italian Sausage Italian Vegetables Orange Jello w/mandrins Milk/Coffee/Tea	Spaghetti w/meat sauce Steamed Broccoli Garlic Bread  Choc chip cookie Milk/Coffee/Tea	Salisbury Steak Garlic Mashed Roasted Zucchini  Banana Cake Milk/Coffee/Tea	Sweet and Sour Meatball Parsley Rice Mixed Vegetable  Coconut Pie Milk/Coffee/Tea	Beef Stir Fry w/yakisoba Spring Roll  Strawberry Short cake Milk/Coffee/Tea	Cheeseburger Jojos Lettuce, tomato Pickles Ice Cream Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Chicken Salad Sandwich Chips	Chicken Caesar Salad Roll	Vegetable Quiche 3 bean salad Roll	Baked Whitefish Garlic Mashed Zucchini	Cottage Cheese & Fruit Plate Roll	Turkey and Cheese Sandwich Chips	Chef Salad Ranch dressing Ice Cream