



# Bethany at Silver Lake



<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1/11/2026</b>	<b>1/12/2026</b>	<b>1/13/2026</b>	<b>1/14/2026</b>	<b>1/15/2026</b>	<b>1/16/2026</b>	<b>1/17/2025</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 Veggi Scramble Toast	Juice of choice Oatmeal Bacon and Scrambled Toast	Juice of choice Cream of Wheat Biscuit & Gravy HB Egg	Juice of choice Oatmeal Scrambled Egg Links English Muffin	Juice of choice Cream of wheat Blueberry Pancakes Sausage Patty	Juice of choice French Toast Bake Egg Patty	Juice of choice Cream of wheat Scramble Egg Danish
Fresh Fruit Milk/Coffee/Tea	Fresh Fruit Milk/Coffee/Tea	Fruit Milk/Coffee/Tea	Fresh Fruit Milk/Coffee/Tea	Fresh Fruit Milk/Coffee/Tea	Fresh Fruit Milk/Coffee/Tea	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>
Garlic Chicken Monterey Rice Pilaf Parsley Carrot	Glaze Pork Loin Scalloped Potato Savory Green Beans	Fried Chicken Brussel Sprouts Chuckwagon Corn	Baked White Fish Buttered Noodles Broccoli w/Cheese	BBQ Pork Patty Roasted Zucchini Baked Beans	Chicken Paprika Rice Pilaf Peas & Mushrooms	Brased Beef Tips Corn On the Cob Cauliflower
Marble Cake Milk/Coffee/Tea	Pie Milk/Coffee/Tea	Peach Crisp Milk/Coffee/Tea	Lemon Pie Milk/Coffee/Tea	Orange Shebert Milk/Coffee/Tea	Apple Crisp Milk/Coffee/Tea	Cake Milk/Coffee/Tea
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Meatballs /Gravy Buttered Noodles Seasoned Zucchini	Salmon Scalloped Potato Green Beans	Crispy Pork Chop Buttered Noodles Asparagus	Hot Beef Sandwich Mashed Potato Broccoli w/Cheese	Chicken Tenders Honey mustard Jojos	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>
Baked Ham Macaroni & Cheese Winter Vegetable Corn Bread Chilled Pears Milk/Coffee/Tea	Grilled Cheese Vegetable Soup 3 Bean Salad Brownie	Salisbury Steak Mashed w/Gravy Cauliflower	Turky Bacon Club Croissant Chips Pickle spear Fruit	Sweet and Sour Meatball Parsley Rice Stir fry Vegetable Coconut Pie	Baked Salmon Garlic Pasta Garden Vegetable Layered Jello Milk/Coffee/Tea	Vegetable Lasagna Tossed Salad Italian Dressing Cookie 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 Burger Macaroni & Cheese Relish Plate	Corned Beef Baked Potato Broccoli	Cheese Enchilada Spanish Rice Shredded Lettuce	Ham Sweet Potato Mixed Vegetables	Fish & Chips Cole Slaw Coconut Pie	Cheese Burger Relish Plate Frys	Chef Salad Ranch dressing Brownie