



Weekly Menu

TLC Living Community



	Sun 03-12-2023	Mon 03-13-2023	Tue 03-14-2023	Wed 03-15-2023	Thu 03-16-2023	Fri 03-17-2023	Sat 03-18-2023
B R E A K F A S T	Swedish Pancakes Egg of Choice Bacon Banana 100% Juice Toast	Chef's Choice Omelet <i>or</i> Cream of Wheat Egg of Choice Breakfast Sausage Patty Applesauce 100% Juice Toast	German Apple Pancakes Egg of Choice Bacon Assorted Fruit 100% Juice Toast	Grilled Bacon Breakfast Sandwich <i>or</i> Cream of Wheat Egg of Choice Breakfast Sausage Patty Pears 100% Juice Toast	French Toast Egg of Choice Bacon Cantaloupe 100% Juice Toast	Garden Vegetable Omelet Egg of Choice Breakfast Sausage Patty Fresh Pineapple 100% Juice Toast	Skillet Eggs with Hash Browns <i>or</i> Cream of Wheat Egg of Choice Bacon Peaches 100% Juice Toast
L U N C H	Chicken with Basil Cream Sauce <i>or</i> Salmon BLT Sandwich Baked Sweet Potato Fresh Asparagus French Bread Strawberry Ice Cream	Green Salad Beef Stroganoff with Rice <i>or</i> Sweet and Sour Chicken Steamed Broccoli French Bread Chocolate Cake	Turkey Casserole <i>or</i> Southwest Shepherd's Pie Mandarin Oranges Roasted Cauliflower and Peppers Cookies and Cream Ice Cream	Green Salad Creamy Chicken over Noodles <i>or</i> Swedish Meatballs Peas and Carrots French Bread Blueberry Pie	Herb Pork with Gravy <i>or</i> Grilled Chicken Legs Creamy Mashed Potatoes German Green Beans (Speckbohnen) Pumpkin Squares	Corned Beef and Cabbage <i>or</i> Baked Parmesan Fish Seasoned Potatoes Roasted Carrots French Bread White Poke Cake	Spaghetti with Marinara Sauce <i>or</i> Bacon Tomato Quiche Fruit Cup Roasted Broccoli with Garlic and Lemon Garlic Bread Hot Fudge Sundae
D I N N E R	Cheeseburger Chips Dill Cucumbers Coconut Pudding	Grilled Ham and Swiss Sandwich Fried Potatoes and Onions Apple Coleslaw Butter Pecan Ice Cream	French Dip Slider Tater Tots Sautéed Mushrooms Peach Parfait with Wafers	Kielbasa with Peppers Garden Pasta Salad Onion Rings Mint Chocolate Chip Ice Cream	Hot Meatloaf Sandwich Sweet Potato Tots Zucchini Corn Saute Caramel Chocolate Sundae	Tuna Melt French Fries Yellow Squash and Onions Baked Apples and Ice Cream	Sloppy Joes Potato Salad Corn O'Brien Cookie
	Milk offered at every meal						Week 5

Dietitian's Signature: *Diane A. Jager #610128*
10-9-2022