



Weekly Menu

TLC Living Community



	Sun 09-24-2023	Mon 09-25-2023	Tue 09-26-2023	Wed 09-27-2023	Thu 09-28-2023	Fri 09-29-2023	Sat 09-30-2023
B R E A K F A S T	Swedish Pancakes Egg of Choice Bacon Fruit Cup 100% Juice Toast	Ham and Cheese Omelet <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Hash Brown Patty Pears 100% Juice Toast	French Toast Egg of Choice Bacon Watermelon 100% Juice Toast	Grilled Bacon Breakfast Sandwich <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Hash Brown Patty Mandarin Oranges 100% Juice Toast	Country Gravy and Biscuits Egg of Choice Bacon Fruit Cup 100% Juice Toast	Garden Vegetable Omelet Egg of Choice Sausage Patty Peaches 100% Juice Toast	English Muffin Breakfast Sandwich <i>or</i> Cream of Wheat Egg of Choice Bacon Hash Brown Patty Fresh Pineapple 100% Juice Toast
L U N C H	Rotini with Tomato Meat Sauce <i>or</i> Bacon Quiche Apricots Green Salad Garlic Bread Pumpkin Squares	Seasoned Chicken Legs <i>or</i> Creamy Herbed Pork Chops Garlic Herb Mashed Potatoes Herb-Buttered Corn and Green Beans French Bread Fresh Coconut Cream Pie	Grilled Lemon and Garlic Haddock <i>or</i> Baked Ham Baked Sweet Potato Cauliflower with Hollandaise Sauce Hawaiian Roll Birthday Cake	Fried Chicken with Creamy Gravy <i>or</i> Hamburger Steak and Onions Roasted Potato Medley with Gravy Braised Carrots and Celery French Bread Cherry Pie	Herb Roasted Turkey with Gravy <i>or</i> Pork Roast and Mushroom Gravy Creamy Mashed Potatoes Seasoned Broccoli Fresh Cornbread Apple Cake	Fried Shrimp with Cocktail Sauce <i>or</i> Hot Meatloaf Sandwich Baked Potato Herb Roasted Tomatoes Strawberry Shortcake	Green Salad Creamy Chicken over Noodles <i>or</i> Swedish Meatballs Fruit Cup Roasted Cauliflower and Peppers Hawaiian Roll Chocolate Cake
D I N N E R	Reuben Sandwich Potato Chips Basil Tomato Soup Hot Fudge Sundae	Beef Taco Tortilla Chips and Salsa Garden Vegetable Soup Chocolate Ice Cream	Braised Beef Sandwich Apple Slices Homestyle Bean Bacon Soup Assorted Desserts	BLT Sandwich Fruit Cup Minestrone Soup Vanilla Ice Cream	Italian Sub Sandwich Grapes German Potato Soup (Kartoffelsuppe) Blueberry Parfait	Sausage Pizza Cottage Cheese and Fruit Sautéed Onions Butter Pecan Ice Cream	Egg Salad Sandwich Potato Wedges Homestyle Beef Vegetable Soup Creamsicle Float
Milk offered at every meal							Week 2

Dietitian's Signature: *Diana Jager RDN 7-9-2023*
#L10128