



# Weekly Menu

TLC Living Community



	Sun 09-08-2024	Mon 09-09-2024	Tue 09-10-2024	Wed 09-11-2024	Thu 09-12-2024	Fri 09-13-2024	Sat 09-14-2024
B R E A K F A S T	Swedish Pancakes Egg of Choice Sausage Patty Apricots 100% Juice Toast of Choice	Cheese Omelet <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Hash Brown Patty Fruit Cup 100% Juice Toast of Choice	Baked Oatmeal with Cinnamon Apples Egg of Choice Bacon Hash Brown Patty Watermelon 100% Juice Toast of Choice	Blueberry Pancakes <i>or</i> Cream of Wheat Egg of Choice Bacon Fruit Cup 100% Juice Toast of Choice	Country Gravy and Biscuits Egg of Choice Bacon Hash Brown Patty Fresh Pineapple 100% Juice Toast of Choice	Garden Vegetable Omelet Egg of Choice Sausage Patty Hash Brown Patty Fruit Cup 100% Juice Toast of Choice	Morning Glory Muffin <i>or</i> Cream of Wheat Egg of Choice Bacon Hash Brown Patty Peaches 100% Juice Toast of Choice
L U N C H	Italian Beef Pot Roast <i>or</i> Garlic Parmesan Chicken Classic Mashed Potatoes Steamed Cauliflower Hawaiian Roll Cinnamon Roll Cake	Sweet and Sour Pork <i>or</i> Beef and Noodles Mandarin Oranges Green Salad French Bread Homemade Peach Pie	Porcupine Meatballs <i>or</i> Garlic Broiled Chicken Leg Baked Potato Green Beans Breadsticks Cherry Chocolate Cake	Fish Fillet with Lemon Sauce <i>or</i> Pork Chop with Mushroom Gravy Garlic Mashed Potatoes Oven Roasted Broccoli Hawaiian Roll Peanut Butter Pie	Old Fashioned Chicken with Gravy <i>or</i> Apricot Maple Ham Baked Sweet Potato Buttered Zucchini Hawaiian Roll Banana Pudding Cake	Fried Shrimp with Cocktail Sauce <i>or</i> Classic Salisbury Steak and Gravy Parsley Potatoes Corn Hawaiian Roll Fresh Coconut Cream Pie	Shredded Pork Sandwich <i>or</i> Creamed Turkey and Biscuits Classic Mashed Potatoes Peas and Carrots Frosted Brownie
D I N N E R	Grilled Cheese with Bacon Chips Minestrone Soup Chocolate Pudding	Turkey Reuben Sandwich Grapes Tomato Rice Soup Assorted Desserts	Chicken Noodle Soup  Italian Sausage Sandwich Homestyle Fried Potatoes Sautéed Peppers and Onions  Butter Pecan Ice Cream	Vegetable Barley Soup  Patty Melt Sandwich Coleslaw  Cookie	Baked Potato Soup  Classic French Dip Sandwich Sautéed Mushrooms  Assorted Desserts	Garden Chicken Sandwich Apple Slices Homestyle Bean Bacon Soup  Tapioca Pudding	Beef Taco  Citrus Banana Cup Creamy Vegetable Soup  Strawberry Sundae
Milk offered at every meal							Week 4

Dietitian's Signature: *Devin Jager 610128*  
4-29-2024