



# Weekly Menu

TLC Living Community



	Sun 09-29-2024	Mon 09-30-2024	Tue 10-01-2024	Wed 10-02-2024	Thu 10-03-2024	Fri 10-04-2024	Sat 10-05-2024
B R E A K F A S T	Swedish Pancakes Egg of Choice Bacon Fresh Pineapple 100% Juice Toast of Choice	California Omelet <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Hash Brown Patty Fruit Cup 100% Juice Toast of Choice	French Toast Egg of Choice Bacon Pears 100% Juice Toast of Choice	Sausage Egg Muffin Sandwich <i>or</i> Cream of Wheat Egg of Choice Bacon Hash Brown Patty Cantaloupe 100% Juice Toast of Choice	Eggs Benedict Egg of Choice Sausage Hash Brown Patty Fruit Cup 100% Juice Toast of Choice	Garden Vegetable Omelet Egg of Choice Bacon Hash Brown Patty Mandarin Oranges 100% Juice Toast of Choice	Breakfast Muffin <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Hash Brown Patty Peaches 100% Juice Toast of Choice
L U N C H	Beef Stroganoff with Rice <i>or</i> Sweet and Sour Pork Rice Seasoned Broccoli French Bread Whipped Lemon Pie	Champagne Chicken <i>or</i> Honey Glazed Meatballs Baked Sweet Potato Mixed Vegetables Breadsticks Oreo Delight	Tuna Noodle Casserole <i>or</i> Shepherd's Pie with Gravy Apricots Green Salad Hawaiian Roll Coconut Pudding	Roasted Turkey <i>or</i> Ham and Gravy Cornbread Dressing Seasoned Cauliflower Hawaiian Roll Homemade Peach Pie	Seasoned Chicken Legs <i>or</i> Apple Cider Pork Chops Buttered Noodles Roasted Acorn Squash Buttermilk Biscuits Cherry Fluff	Breaded Fish Fillet <i>or</i> Chicken BLT Taco Baked Potato Roasted Cabbage and Carrots French Bread Banana Cream Pie	Spaghetti and Meatballs <i>or</i> Bacon Quiche Apple Rings Lettuce Tomato Cucumber Salad Breadsticks Cherry Chocolate Cake
D I N N E R	New England Clam Chowder  BLT Sandwich Celery Sticks with Peanut Butter Tapioca Pudding	Ham and Cheese Sliders Baked Beans Cream of Cauliflower Soup  Assorted Desserts	Fried Chicken Sandwich Cottage Cheese and Fruit Vegetable Rice Soup  Vanilla Ice Cream	Classic Beef Stew Fruit Cup Garden Green Salad  Cookie	Homestyle Cream of Chicken Soup  Sloppy Joes Coleslaw  Caramel Chocolate Sundae	Heartland Bean Medley Soup  Braised Beef Sandwich French Fries Pickle Chips  Strawberry Jello	All Beef Hot Dog Chips Homestyle Beef Vegetable Soup  Pineapple Parfait
Milk offered at every meal							Week 2

Dietitian's Signature: *Diem Jagan 610128*  
4-29-2024