



Weekly Menu

TLC Living Community



	Sun 10-06-2024	Mon 10-07-2024	Tue 10-08-2024	Wed 10-09-2024	Thu 10-10-2024	Fri 10-11-2024	Sat 10-12-2024
BREAKFAST	Swedish Pancakes Egg of Choice Bacon Fruit Cup 100% Juice Toast of Choice	Chef's Choice Omelet <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Hash Brown Patty Cantaloupe 100% Juice Toast of Choice	Cinnamon and Sugar Oatmeal Egg of Choice Bacon Mandarin Oranges 100% Juice Toast of Choice	Buttermilk Pancakes <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Fruit Cup 100% Juice Toast of Choice	Breakfast Muffin Egg of Choice Bacon Hash Brown Patty Pears 100% Juice Toast of Choice	Garden Vegetable Omelet Egg of Choice Sausage Patty Hash Brown Patty Fresh Pineapple 100% Juice Toast of Choice	Sausage Egg Muffin <i>or</i> Cream of Wheat Egg of Choice Bacon Hash Brown Patty Applesauce 100% Juice Toast of Choice
LUNCH	Rosemary Pot Roast <i>or</i> Homestyle Turkey and Gravy Parsley Seasoned Potatoes Fresh Cooked Carrots Hawaiian Roll Key Lime Pie	Creamy Chicken over Noodles <i>or</i> Burgundy Beef and Noodles Fruit Cup Green Salad Breadsticks Peanut Butter Pie	Cube Steak and Gravy <i>or</i> Ranch Chicken Classic Mashed Potatoes German Green Beans (Speckbohlen) Hawaiian Roll Creamy Coconut Cake	Teriyaki Chicken Rice Bowl <i>or</i> Bacon Macaroni and Cheese Apricots Grilled Zucchini French Bread Cherry Pie	Herb Pork with Gravy <i>or</i> Meatloaf Classic Mashed Potatoes Fresh Cooked Beets Breadsticks Pumpkin Spice Bar	Cranberry Glazed Ham <i>or</i> Breaded Shrimp with Cocktail Sauce Baked Sweet Potato Creamed Spinach Hawaiian Roll Strawberry Shortcake	Pork Stroganoff <i>or</i> Beef Goulash Fruit Cup Garden Green Salad Garlic Bread Orange Cream Squares
DINNER	Baked Potato Soup Corned Beef and Swiss on Rye Vegetables with Ranch Dip Chocolate Ice Cream	Sub Sandwich Macaroni Salad Basil Tomato Soup Peach Parfait with Wafers	BBQ Pulled Pork on a Bun Chips Broccoli Cheese Soup Assorted Desserts	Ham Wrap French Fries Garden Vegetable Soup Chocolate Chip Cookie	Beef Minestrone Soup Chicken Melt Corn O'Brien Sherbet	Homestyle Cream of Chicken Soup Classic French Dip Sandwich Marinated Mushrooms Fruited Jello	Hot Turkey Sandwich with Gravy Homestyle Stuffing Peas and Carrots Hawaiian Roll Vanilla Ice Cream
Milk offered at every meal							Week 3

Dietitian's Signature: *Dim Jagu 610128*
4-29-2024