



Weekly Menu

TLC Living Community



	Sun 11-10-2024	Mon 11-11-2024	Tue 11-12-2024	Wed 11-13-2024	Thu 11-14-2024	Fri 11-15-2024	Sat 11-16-2024
B R E A K F A S T	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 Mandarin Oranges 100% Juice Toast of Choice	Cinnamon and Sugar Oatmeal Egg of Choice Bacon Fruit Cup 100% Juice Toast of Choice	Buttermilk Pancakes <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Peaches 100% Juice Toast of Choice	Egg and Cheese Biscuit Egg of Choice Bacon Hash Brown Patty Fruit Cup 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 Sandwich <i>or</i> Cream of Wheat Egg of Choice Bacon Hash Brown Patty Applesauce 100% Juice Toast of Choice
L U N C H	Apple Cider Pork Chops <i>or</i> Braised Chuck Roast with Brown Gravy Classic Mashed Potatoes Buttery Carrots Hawaiian Roll Chocolate Cream Pie	Beef Stroganoff with Rice <i>or</i> Sweet and Sour Chicken Rice Grapes Oven Roasted Broccoli French Bread Strawberry Shortcake	BBQ Chicken Quarters <i>or</i> Baked Ham with Mustard Sauce Baked Sweet Potato Cauliflower with Hollandaise Sauce Buttermilk Biscuits Blueberry Pie	Creamed Chipped Beef on Toast <i>or</i> Parmesan Fish Fillets Classic Mashed Potatoes Corn Chocolate Chip Cake	Champagne Chicken <i>or</i> Hamburger Steak and Onions Baked Potato Green Beans French Bread Caramel Apple Pie	Tuna Noodle Casserole <i>or</i> Burgundy Beef with Noodles Fruit Cup Green Salad Hawaiian Roll Frosted Brownie	Turkey Cutlet with Cream Sauce <i>or</i> Pork Chop with Mushroom Gravy Homestyle Stuffing Butternut Squash Cornbread Muffin Oatmeal Cake
D I N N E R	Beef Tacos Tater Tots Garden Vegetable Soup Cookies and Cream Ice Cream	Split Pea Soup Grilled Turkey Club Sandwich Coleslaw Assorted Desserts	Chicken Noodle Soup Hot Roast Beef and Cheddar Sandwich Sautéed Mushrooms Mimosa Jello	Beef Chili Fried Chicken Sandwich Fried Potatoes and Onions Cucumbers Hot Fudge Sundae	Beef Vegetable Soup Italian Sausage Poor Boy Baked Beans Sautéed Peppers and Onions Cherry Parfait	Ham Bunwich Sweet Potato Tots Broccoli Cheese Soup Sherbet	New England Clam Chowder Roast Beef Poor Boy Celery Sticks Cookie
Milk offered at every meal							Week 5

Dietitian's Signature: *Quinn Jager* 10-14-2024
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