



# Weekly Menu

TLC Living Community



	Sun 11-24-2024	Mon 11-25-2024	Tue 11-26-2024	Wed 11-27-2024	Thu 11-28-2024	Fri 11-29-2024	Sat 11-30-2024
B R E A K F A S T	Swedish Pancakes Egg of Choice Sausage Patty Fruit Cup 100% Juice Toast of Choice	Cheese Omelet <i>or</i> Cream of Wheat Egg of Choice Bacon Hash Brown Patty Fresh Pineapple 100% Juice Toast of Choice	Baked Oatmeal with Cinnamon Apples Egg of Choice Sausage Patty Fruit Cup 100% Juice Toast of Choice	Buttermilk Pancakes <i>or</i> Cream of Wheat Egg of Choice Bacon Apricots 100% Juice Toast of Choice	Sausage Egg Muffin Sandwich Egg of Choice Bacon Hash Brown Patty Mandarin Oranges 100% Juice Toast of Choice	Garden Vegetable Omelet Egg of Choice Sausage Patty Hash Brown Patty Fruit Cup 100% Juice Toast of Choice	Eggs Benedict <i>or</i> Cream of Wheat Egg of Choice Bacon Hash Brown Patty Applesauce 100% Juice Toast of Choice
L U N C H	Tater Tot Casserole <i>or</i> Scalloped Ham and Potatoes Grapes Mixed Vegetables Breadsticks Tres Leches (Three Milk Cake)	Beef Stroganoff and Noodles <i>or</i> Chicken Alfredo Pasta Pears Garden Green Salad French Bread Cherry Pie	Country Fried Steak with Gravy <i>or</i> Baked Chicken Quarter Parsley Potatoes Braised Carrots and Celery Buttermilk Biscuits Birthday Cake	Bacon Macaroni and Cheese <i>or</i> Sweet and Sour Chicken Apple Slices Oven Roasted Broccoli Hawaiian Roll Key Lime Pie	<b>THANKSGIVING</b> Tossed Salad Slow Roasted Turkey Brown Sugar Ham Mashed Potatoes Baked Sweet Potatoes Homestyle Stuffing Green Bean Casserole Cranberry Sauce Hawaiian Roll Pumpkin Pie Pecan Pie	Baked Parmesan Fish <i>or</i> Oven Roasted Pork Loin Fried Potatoes and Onions Corn Breadsticks Chocolate Crunch Pie	Old Fashioned Chicken and Gravy <i>or</i> Classic Meatloaf Baked Potato Peas and Carrots French Bread Strawberry Shortcake
D I N N E R	Egg Salad Sandwich Chips Broccoli Cheese Soup Cookies and Cream Ice Cream	Beef Chili Turkey Reuben Sandwich French Fries Pickle Chips Mimosa Jello	Chicken Noodle Soup Pork Chop Sandwich O'Brien Potatoes Cucumbers Assorted Desserts	French Onion Soup Hot Roast Beef Sliders Coleslaw Cookie	Grilled Three Cheese Sandwich Fruit Cup Basil Tomato Soup Ice Cream Sundae	Baked Potato Soup Beef Taco Three Bean Salad Peach Parfait with Wafers	Braised Beef Sandwich Baked Beans Garden Vegetable Soup Sherbet
Milk offered at every meal							Week 2

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