



# Weekly Menu

TLC Living Community



	Sun 12-15-2024	Mon 12-16-2024	Tue 12-17-2024	Wed 12-18-2024	Thu 12-19-2024	Fri 12-20-2024	Sat 12-21-2024
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 Peaches 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 Mandarin Oranges 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	Tuna Noodle Casserole <i>or</i> Beef Goulash Cottage Cheese and Fruit Garden Green Salad Hawaiian Roll Banana 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> Apple Cider Pork Chops 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 Buttery Carrots French Bread Homemade Peach Pie	Breaded Shrimp with Cocktail Sauce <i>or</i> Chicken BLT Taco Buttered Noodles Garlic Green Beans 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	Turkey Reuben Sandwich Potato Chips Garden Vegetable Soup Cookies and Cream Ice Cream	Beef Minestrone Soup Four Cheese Pizza Vegetables with Ranch Dip Assorted Desserts	Chicken Noodle Soup Hot Roast Beef and Cheddar Sandwich Sautéed Mushrooms Mimosa Jello	Bean and Bacon Soup Fried Chicken Sandwich Fried Potatoes and Onions Cucumbers Hot Fudge Sundae	Beef Vegetable Soup Italian Sausage Poor Boy Baked Beans Sautéed Peppers and Onions Assorted Desserts	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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