



Weekly Menu

TLC Living Community



	Sun 01-19-2025	Mon 01-20-2025	Tue 01-21-2025	Wed 01-22-2025	Thu 01-23-2025	Fri 01-24-2025	Sat 01-25-2025
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	French Toast <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 Cornbread Muffin Blueberry Pie	Creamed Chipped Beef on Toast <i>or</i> Open Face Hot Turkey Sandwich Classic Mashed Potatoes Corn Chocolate Chip Cake	Chicken Parmesan <i>or</i> Hamburger Steak with Gravy 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	Baked Fish with Basil Cream Sauce <i>or</i> Pork Chop with Mushroom Gravy Parsley Potatoes Fresh Cooked Zucchini Buttermilk Biscuits Oatmeal Cake
D I N N E R	Reuben Sandwich Potato Chips Garden Vegetable Soup Cookies and Cream Ice Cream	Beef Chili Turkey Bacon Melt Vegetables with Ranch Dip Assorted Desserts	Pasta Fagioli Soup Hot Roast Beef and Cheddar Sandwich Sauteed Mushrooms Mimosa Jello	Ham and Northern Bean Soup Chicken Nuggets Fried Potatoes and Onions Marinated Tomatoes Hot Fudge Sundae	Beef Vegetable Soup Italian Sausage Poor Boy Baked Beans Sauteed Peppers and Onions Assorted Desserts	Ham Bunwich Sweet Potato Tots Broccoli Cheese Soup Sherbet	Homestyle Cream of Chicken Soup Roast Beef Poor Boy Three Bean Salad Cookie
Milk offered at every meal							Week 5

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