



Weekly Menu

TLC Living Community



	Sun 02-02-2025	Mon 02-03-2025	Tue 02-04-2025	Wed 02-05-2025	Thu 02-06-2025	Fri 02-07-2025	Sat 02-08-2025
B R E A K F A S T	Swedish Pancakes Egg of Choice Sausage Patty Fruit Cup 100% Juice Toast of Choice	Sausage and 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	English Muffin Breakfast Sandwich Egg of Choice Sausage Patty 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	Ham and Cheese Quiche <i>or</i> Spaghetti with Meat Sauce Grapes Mixed Vegetables Breadsticks Tres Leches (Three Milk Cake)	Beef and Noodles <i>or</i> Chicken Alfredo Pasta Pears Garden Green Salad Hawaiian Roll Key Lime Pie	Open Face Turkey Sandwich with Gravy <i>or</i> Pork Medallions and Biscuits Classic Mashed Potatoes Seasoned Cauliflower Pumpkin Squares	Bacon Macaroni and Cheese <i>or</i> Sweet and Sour Chicken Apple Slices Oven Roasted Broccoli Hawaiian Roll Whipped Berry Pie	Honey Glazed Ham <i>or</i> Chicken Patty with Chicken Gravy Smashed Sweet Potatoes Green Beans Buttermilk Biscuits Frosted Banana Bars	Fried Shrimp with Cocktail Sauce <i>or</i> Porcupine Meatballs Classic Mashed Potatoes Corn Breadsticks Chocolate Crunch Pie	Turkey Casserole <i>or</i> Sausage Potato Dish Fruit Cup Garden Green Salad Cornbread Muffin Strawberry Shortcake
D I N N E R	Deluxe Hamburger Chips Broccoli Cheese Soup Cookies and Cream Ice Cream	Grilled Cheese Sandwich French Fries Tomato Rice Soup Mimosa Jello	Creamy Potato and Beef Soup Chicken Ranch BBQ Sandwich Vegetables with Ranch Dip Assorted Desserts	French Onion Soup Hot Roast Beef Sliders Three Bean Salad Cookie	Beef Taco Apple Slices with Peanut Butter Minestrone Soup Ice Cream Sundae	Pork Chop Sandwich Grapes Beef Pasta Vegetable Soup Peach Parfait with Wafers	Chicken Noodle Soup Braised Beef Sandwich Marinated Mushrooms Tapioca Pudding
Milk offered at every meal							Week 2

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