



Weekly Menu

TLC Living Community



	Sun 04-19-2026	Mon 04-20-2026	Tue 04-21-2026	Wed 04-22-2026	Thu 04-23-2026	Fri 04-24-2026	Sat 04-25-2026
BREAKFAST	Swedish Pancakes Egg of Choice Sausage Patty Fruit Cup 100% Juice Toast of Choice	Chef's Choice Omelet Egg of Choice Bacon Hash Brown Patty Pears 100% Juice Toast of Choice	Maple Oatmeal Egg of Choice Sausage Patty Fruit Cup 100% Juice Toast of Choice	German Apple Pancakes Egg of Choice Bacon Applesauce 100% Juice Toast of Choice	Skillet Eggs with Hash Browns Egg of Choice Sausage Patty Fruit Cup 100% Juice Toast of Choice	Garden Vegetable Omelet Egg of Choice Bacon Hash Brown Patty Fresh Pineapple 100% Juice Toast of Choice	Egg and Ham Scramble <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Grapes 100% Juice Toast of Choice
LUNCH	Hot Beef Sandwich <i>or</i> Ham and Gravy Classic Mashed Potatoes Wax Beans Peaches and Cream Cake	Pepper Steak with Gravy <i>or</i> Chicken Stir-Fry Rice Fresh Pineapple Green Salad Breadsticks Apple Crisp	Pork Chops and Gravy <i>or</i> Swiss Chicken Cornbread Dressing Buttery Carrots Buttermilk Biscuits Chocolate Cake	Creamed Chipped Beef on Toast <i>or</i> Open Face Hot Turkey Sandwich Classic Mashed Potatoes Mixed Vegetables Whipped Lemon Pie	Grilled Lemon and Garlic Haddock <i>or</i> Meatloaf with Caramelized Onion Gravy Baked Potato Corn O'Brien Hawaiian Roll Banana Cream Pie	Shrimp Alfredo with Linguine <i>or</i> Beef Goulash Mandarin Oranges Green Salad Breadsticks Strawberry Shortcake	Chicken Broccoli Rice Casserole <i>or</i> Big Mac Casserole Peaches Seasoned Zucchini Hawaiian Roll Chocolate Crunch Pie
DINNER	Turkey Carver Sandwich Baked Beans Butternut Squash Soup Assorted Desserts	Cauliflower and Cheese Soup BLT Sandwich Pickled Beets Cookies and Cream Ice Cream	Vegetable Macaroni Soup Beef Taco Dill Cucumbers Assorted Desserts	Tomato Rice Soup Chicken Ranch BBQ Sandwich Broccoli Raisin Salad Chocolate Ice Cream	Ham Salad Sandwich Chips Homestyle Beef Vegetable Soup Assorted Desserts	Sausage Pizza Fruit Cocktail Vegetables with Ranch Dip Sherbet	Corn Chowder Classic French Dip Sandwich Apple Rings Sauted Onions Soft Snickerdoodle
Milk offered at every meal							Week 2

Dietitian's Signature:

Olisa Walsh
4-1-26 # 997564