



Weekly Menu

TLC Living Community



	Sun 10-11-2026	Mon 10-12-2026	Tue 10-13-2026	Wed 10-14-2026	Thu 10-15-2026	Fri 10-16-2026	Sat 10-17-2026
B R E A K F A S T	Swedish Pancakes Egg of Choice Sausage Patty Fruit Cup Assorted Juices Toast of Choice	Chef's Choice Omelet Egg of Choice Bacon Hash Brown Patty Apricots Assorted Juices Toast of Choice	Maple Oatmeal Egg of Choice Sausage Patty Fruit Cup Assorted Juices Toast of Choice	German Apple Pancakes Egg of Choice Bacon Grapes Assorted Juices Toast of Choice	Skillet Eggs with Hash Browns Egg of Choice Sausage Patty Fruit Cup Assorted Juices Toast of Choice	Garden Vegetable Omelet Egg of Choice Bacon Hash Brown Patty Fresh Pineapple Assorted Juices Toast of Choice	Egg and Ham Scramble <i>or</i> Cream of Wheat Egg of Choice Sausage Patty Pears Assorted Juices Toast of Choice
L U N C H	Hot Beef Sandwich <i>or</i> Ham and Gravy Classic Mashed Potatoes Wax Beans Peaches and Cream Cake	Chicken Stir-Fry and Rice <i>or</i> Big Mac Casserole Fresh Pineapple Green Salad Breadsticks Strawberry Shortcake	Pork Chops and Kraut <i>or</i> Swiss Chicken Cornbread Dressing Yellow Squash Buttermilk Biscuits Cherry Chocolate Cake	Classic Stuffed Peppers <i>or</i> Open Face Turkey Sandwich with Gravy Classic Mashed Potatoes Corn Whipped Berry Pie	Pork Tenderloin with Bearnaise Sauce <i>or</i> Meatloaf with Caramelized Onion Gravy Baked Potato Green Beans Hawaiian Roll Frosted Banana Bars	Shrimp Scampi <i>or</i> Beef Tips in Gravy Noodles Mandarin Oranges Garden Green Salad Breadsticks Chocolate Crunch Pie	Chicken Broccoli Rice Casserole <i>or</i> Beef Goulash Grapes Peas and Carrots Hawaiian Roll Apple Pie
D I N N E R	Turkey Carver Sandwich Homestyle Country Potatoes Butternut Squash Soup Assorted Desserts	Sausage Corn Chowder Crispy Fish Burger Dill Cucumbers Cookies and Cream Ice Cream	Tomato Rice Soup Beef Taco Crunchy Vegetable Salad Assorted Desserts	Cauliflower and Cheese Soup Chicken Ranch BBQ Sandwich Pickled Beets Chocolate Ice Cream	Ham Salad Sandwich Chips Homestyle Beef Vegetable Soup Assorted Desserts	Pepperoni Pizza Fruit Cocktail Vegetables with Ranch Dip Sherbet	New England Clam Chowder Classic French Dip Sandwich Baked Beans Sautéed Onions Soft Snickerdoodle
Milk offered at every meal							Week 1

Dietitian's Signature:

Nia Noh
9.1.26 #977564