Weekly Menu

TLC Living Community

	Sun 11-01-2026	Mon 11-02-2026	Tue 11-03-2026	Wed 11-04-2026	Thu 11-05-2026	Fri 11-06-2026	Sat 11-07-2026
BREAKFAST	Swedish Pancakes Egg of Choice Bacon Peaches Assorted Juices Toast of Choice	Ham and Cheese Omelet Egg of Choice Sausage Patty Hash Brown Patty Fruit Cup Assorted Juices Toast of Choice	Mixed Berry Vanilla Baked Oatmeal Egg of Choice Bacon Pears Assorted Juices Toast of Choice	Buttermilk Pancakes Egg of Choice Sausage Patty Mandarin Oranges Assorted Juices Toast of Choice	Bacon Quiche *or* Spinach Quiche Egg of Choice Sausage Patty Grapes Assorted Juices Toast of Choice	Garden Vegetable Omelet Egg of Choice Bacon Hash Brown Patty Apricots Assorted Juices Toast of Choice	Sausage Egg Muffin *or* Cream of Wheat Egg of Choice Bacon Fruit Cocktail Assorted Juices Toast of Choice
LUNCH	Beef Stroganoff and Noodles *or* Italian Sausage Pasta Fresh Pineapple Garden Green Salad Breadsticks Apple Walnut Cake	Beef Enchilada *or* Chicken Broccoli Rice Casserole Grapes Corn on the Cob French Bread Pumpkin Squares	Apple Cider Pork Chops *or* Swiss Steak Classic Mashed Potatoes Green Beans Hawaiian Roll Chocolate Banana Cream Pie	Chardonnay Chicken *or* Baked Ham with Peach Sauce Baked Sweet Potato Creamed Spinach Breadsticks Key Lime Pie	Cranberry Glazed Turkey Roast *or* Burgundy Pork Tenderloin AuGratin Potatoes Roasted Cauliflower and Carrots Hawaiian Roll Oreo Delight	Beef and Broccoli over Rice *or* Tuna Noodle Casserole Fresh Pineapple Garden Green Salad French Bread Cherry Bars	Baked Fish with Basil Cream Sauce *or* Swedish Meatballs Baked Potato Brussels Sprouts Hawaiian Roll Chocolate Chip Cake
DINNER	Beef Barley Soup Ham Wrap Sweet Onion Coleslaw Rice Pudding	BBQ Pulled Pork Slider Mandarin Oranges Broccoli Cheese Soup Assorted Desserts	Potato Mushroom Soup Hot Roast Beef and Cheddar Sandwich Marinated Tomatoes Butter Pecan Ice Cream	Corned Beef and Swiss on Rye Baked Beans Garden Vegetable Soup Soft Snickerdoodle	Chicken Tortilla Soup Hot Meatloaf Sandwich Fried Potatoes and Onions Cucumbers Classic Rice Krispies Treat	Sausage Pizza Cottage Cheese and Peaches Celery Sticks with Peanut Butter Caramel Chocolate Sundae	Egg Salad Sandwich Chips Tomato Basil Soup Assorted Desserts
	Milk offered at every meal						Week 4

Dietitian's Signature: Lisa Nagh 9-1-26 #997564