



Weekly Menu

TLC Living Community



	Sun 10-12-2025	Mon 10-13-2025	Tue 10-14-2025	Wed 10-15-2025	Thu 10-16-2025	Fri 10-17-2025	Sat 10-18-2025
B R E A K F A S T	Swedish Pancakes Egg of Choice Bacon Applesauce 100% Juice Toast of Choice	Bacon and Cheese Omelet Egg of Choice Sausage Patty Hash Brown Patty Apricots 100% Juice Toast of Choice	Mixed Berry Vanilla Baked Oatmeal Egg of Choice Bacon Fruit Cup 100% Juice Toast of Choice	Buttermilk Pancakes Egg of Choice Sausage Patty Pears 100% Juice Toast of Choice	English Muffin Breakfast Sandwich Egg of Choice Bacon Fruit Cup 100% Juice Toast of Choice	Garden Vegetable Omelet Egg of Choice Sausage Patty Hash Brown Patty Peaches 100% Juice Toast of Choice	Sausage Country Gravy and Biscuits <i>or</i> Cream of Wheat Egg of Choice Bacon Fruit Cocktail 100% Juice Toast of Choice
L U N C H	Pork Stir-Fry over Rice <i>or</i> Spaghetti and Meat Sauce Fresh Pineapple Green Salad French Bread Banana Cream Pie	Swedish Meatballs <i>or</i> Old Fashioned Chicken and Gravy Classic Mashed Potatoes Peas and Carrots Cornbread Muffin Apple Crisp	Savory Turkey Roast and Gravy <i>or</i> Burgundy Pork Tenderloin Parsley Potatoes Creamed Spinach Hawaiian Roll Cherry Chocolate Cake	Lemon Garlic Haddock <i>or</i> Baked Ham with Peach Sauce Baked Sweet Potato Fresh Cooked Beets Buttermilk Biscuits Oreo Delight	Beef Enchilada <i>or</i> Bacon Macaroni and Cheese Mandarin Oranges Green Salad French Bread Key Lime Pie	Beef and Noodles <i>or</i> Garlic Butter Shrimp Scampi Fresh Pineapple Steamed Broccoli Hawaiian Roll Pumpkin Squares	Swiss Steak <i>or</i> Braised Pork over Potatoes Classic Mashed Potatoes Grapes Green Beans Breadsticks Chocolate Chip Cake
D I N N E R	Broccoli Cheese Soup Corned Beef and Swiss on Rye Three Bean Salad Chocolate Ice Cream	BBQ Pulled Pork Slider Mandarin Oranges Corn Chowder Assorted Desserts	French Onion Soup Hot Roast Beef and Cheddar Sandwich Baked Beans Sauteed Mushrooms Coconut Pudding	Ranch Chicken Nuggets Fried Potatoes and Onions Minestrone Soup Ice Cream Sundae	Turkey Reuben Sandwich Apple Slices Creamy Tomato Basil Soup Assorted Desserts	Heartland Bean Medley Soup Ham Bunwich Celery Sticks with Peanut Butter Cookie	Garden Chicken Sandwich Chips Vegetable Rice Soup Sherbet
Milk offered at every meal							Week 1

Dietitian's Signature:

Quinn Aguiar 4-21-2025
6/10/25