


| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|--|--|---|---|--|
| 30   | 31 <i>New Year's Eve</i>   |    | <p><u>December 25</u><br/><u>Cafeteria Special</u></p> <p>Free Turkey Meal<br/>"With All The Trimmings"<br/>For TCMC Employees<br/>Working 12/15.</p> <p>Visitors Welcome - \$6.75</p> | <p><u>Wellness Meal</u></p> <p>Grilled Chicken Sandwich Or<br/>Fuse Burger w/ Lettuce &amp;<br/>Tomato, Salad w/ Balsamic<br/>Vinegar, Fresh Fruit &amp; 1% Milk</p>      |    | 1  |
| <p>B. Eggs Benedict + Home Fries</p> <p>WW. Ham &amp; Cheese Melt +<br/>Pop Chips</p> <p>G. Pollo Asado + Spanish Rice</p>                     | <p>B. Whole Wheat French Toast +<br/>Fresh Fruit</p> <p>WW. Pork Potstickers + French<br/>Fries</p> <p>G. Angus Beef Sliders + Curly<br/>Fries</p>   | <p>B. Bratwurst, 2 Eggs + Home<br/>Fries</p> <p>WW. Ham &amp; Cheese Melt +<br/>Pop Chips</p> <p><u>Taco Tuesday</u><br/>2 Soft Chicken Tacos +<br/>Spanish Rice</p> | <p>B. Country Sausage, 2 Eggs +<br/>Hash Browns</p> <p>WW. Zucchini Sticks + French<br/>Fries</p> <p>G. Healthy Hut Sandwich +<br/>Fresh Fruit</p>                                     | <p>B. Philly Cheese Steak Omelet<br/>+ Home Fries</p> <p>WW. Chicken Nuggets + French<br/>Fries</p> <p>G. Umami Burger + Avocado<br/>On Yogurt Bun + Tossed Salad</p>     | <p>B. Chicken Tenders + Waffle</p> <p>WW. Turkey Melt + Sweet<br/>Potato Fries</p> <p>G. 5 Buffalo Chicken Wings +<br/>Sweet Potato Fries</p>       | <p>B. Country Breakfast</p> <p>WW. Chicken Nuggets +<br/>French Fries</p> <p>G. Buffalo Chicken Wings +<br/>Sweet Potato Fries</p>   |
| 2  | 3  | 4  | 5  | 6   | 7   | 8  |
| <p>B. Whole Wheat French Toast</p> <p>WW. Chicken Filet Sandwich +<br/>French Fries</p> <p>G. French Dip + Curly Fries</p>                     | <p>B. Breakfast Quesadilla</p> <p>WW. Veggie &amp; Cheese Bagel +<br/>Fresh Fruit</p> <p>G. French Dip + Curly Fries</p>   | <p>B. Chicken Fried Steak, 2 Eggs<br/>+ Home Fries</p> <p>WW. Chicken Fingers + French<br/>Fries</p> <p>G. Pastrami, Swiss, Bacon Melt<br/>+ French Fries</p>        | <p>B. Turkey &amp; Cheese Scramble +<br/>Fresh Fruit</p> <p>WW. Roast Beef Melt + Baked<br/>Lay's</p> <p>G. Chicken Cordon Bleu<br/>Sandwich + French Fries</p>                        | <p>B. Pecan French Toast</p> <p>WW. Chicken Filet Sandwich +<br/>Kettle Chips</p> <p>G. Chicken Caesar Salad Wrap<br/>+ Fresh Fruit</p>                                   | <p>B. Breakfast Bacon Tostada</p> <p>WW. Chicken Tostada</p> <p>G. Pop Corn Shrimp, Steak<br/>Fries + Coleslaw</p>                                  | <p>B. Strawberry Belgian Waffle</p> <p>WW. Roast Beef Melt + Baked<br/>Lay's</p> <p>G. Turkey Club Croissant +<br/>Fresh Fruit</p>   |
| 9  | 10   | 11   | 12   | 13  | 14  | 15   |
| <p>B. Meat Lover's Omelet + Home<br/>Fries</p> <p>WW. Zucchini Sticks + French<br/>Fries</p> <p>G. Fuse Burger + Feta, Avocado<br/>+ Salad</p> | <p>B. Meat Lovers Omelet + Home<br/>Fries + Home Fries</p> <p>WW. Turkey Burger + Pita<br/>Chips &amp; Hummus</p> <p>G. Chicken, Bacon, Ranch,<br/>Swiss On Pretzel Bun + Sweet<br/>Potato Fries</p> | <p>B. Jalapeño Brat, 2 Eggs +<br/>Home Fries</p> <p>WW. Grilled Cheese +<br/>Tomato Soup</p> <p>G. Steak Quesadilla +<br/>Spanish Rice</p>                           | <p>B. Egg White, Feta, Veggies<br/>Omelet Fresh Fruit</p> <p>WW. Chicken Spring Rolls +<br/>French Fries</p> <p>G. Philly Cheese Steak Sandwich<br/>+ Curly Fries</p>                  | <p>B. Taco Omelet + Home Fries</p> <p>WW. Mozzarella Cheese Sticks<br/>+ French Fries</p> <p>G. Chicken, Spinach, Bacon,<br/>Swiss On Pretzel Bun + Sea<br/>Salt Chis</p> | <p>B. Breakfast Burger + Home<br/>Fries</p> <p>WW. Fish Filet Sandwich +<br/>Coleslaw</p> <p>G. Quesadilla Deluxe +<br/>Spanish Rice</p>            | <p>B. Veggie &amp; Cheese Scramble +<br/>Fresh Fruit</p> <p>WW. Turkey Melt + Pop Chips</p> <p>G. California French Dip +<br/>Curly Fries</p>                                |
| 16   | 17   | 18   | 19   | 20  | 21  | 22   |
| <p>B. 2 Eggs, Ham Steak + Home<br/>Fries</p> <p>WW. Beef Tostada</p> <p>G. 8 Fried Shrimp, Steak Fries<br/>&amp; Coleslaw</p>                  | <p>B. 2 French Toast + 2 Sausage</p> <p>WW. Garden Burger + Fresh<br/>Fruit</p> <p>G. Chicken Reuben On Pretzel<br/>Bun + French Fries</p>   | <p>B. Vegetable &amp; Cheese<br/>Scramble + Fresh Fruit</p> <p><b>THE GRILL IS OPEN<br/>FOR BREAKFAST<br/>ONLY</b></p> <p><b>HAPPY HOLIDAYS</b></p>                  | <p>B. Country Breakfast</p> <p>WW. Tuna Melt + Pop Chips</p> <p>G. Turkey, Bacon, Avocado,<br/>Swiss Sandwich + French Fries</p>   | <p>B. Breakfast Bowl</p> <p>WW. Jalapeno Poppers +<br/>French Fries</p> <p>G. French Dip + Curly Fries</p>  | <p>B. Chicken Steak, 2 Eggs +<br/>Home Fries</p> <p>WW. Buffalo Burger + Fresh<br/>Fruit</p> <p>G. Beer Battered Cod Sandwich<br/>+ Tatter Tots</p> | <p>B. Ham &amp; Cheese Scramble +<br/>Home Fries</p> <p>WW. Fish Filet Sandwich +<br/>Tater Tots</p> <p>G. Chicken Philly Cheese Steak<br/>Sandwich + Sweet Potato Fries</p> |
| 23   | 24 <i>Christmas Eve</i>  | 25 <i>Christmas Day</i>  | 26   | 27  | 28  | 29   |

