


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<p>Thursday, November 22</p> <p>Free Turkey Meal "With All The Trimmings"</p> <p>For TCMC Employees Working Visitors & Guests Welcome - \$6.75</p>	<p>Free Turkey Meal Hours</p> <p><u>Lunch & Dinner</u> 11:00am – 6:00pm</p> <p><u>Night Shift</u> 6:00pm – 1:30am (Friday)</p>		<p><u>Cafeteria Hours</u></p> <p>Breakfast 6:00am – 10:00am</p> <p>Lunch & Dinner 11:00 am – 630pm</p> <p>Night Shift 6:30pm – 1:30 am</p>	<p>B. Breakfast Quesadilla</p> <p>WW. Veggie & Cheese Bagel + Fresh Fruit</p> <p>G. Chicken BLTA On Pretzel Bun + pop Chips</p>	<p>B. Bratwurst, 2 Eggs + Home Fries</p> <p>WW. Ham & Cheese Melt + French Fries</p> <p>G. Popcorn Chicken + French Fries</p>	<p>B. Eggs Benedict + Home Fries</p> <p>WW. Chicken Nuggets + French Fries</p> <p>G. California Turkey Burger + Fresh Fruit</p>
4	5	6	7	8	9	10
<p>B. Country Breakfast</p> <p>WW. Chicken Tostada</p> <p>G. Philly Cheese Steak Sandwich + French Fries</p>	<p>B. Country Sausage, 2 Eggs + Home Fries</p> <p>WW. Zucchini Sticks + French Fries</p> <p>G. French Dip + Curly Fries</p>	<p>B. Philly Cheese Steak Omelet + Home Fries</p> <p>WW. Chicken Nuggets + French Fries</p> <p><u>TACO TUESDAY</u> 2 Beef Soft Tacos + Spanish Rice</p>	<p>B. Eggs Benedict + Fresh Fruit</p> <p>WW. Calamari Rings + French Fries</p> <p>G. Ham, Guacamole, Bacon Swiss Melt + Tater Tots</p>	<p>B. Turkey & Cheese Scramble +Fresh Fruit</p> <p>WW. Chicken Spring Rolls + French Fries</p> <p>G. Meatballs Sandwich + French Fries</p>	<p>B. Breakfast Bacon Tostada</p> <p>WW. Roast Beef Melt + Pop Chips</p> <p>G. Fish & Chips + Coleslaw</p>	<p>B. Whole Wheat French Toast</p> <p>WW. Chicken Fingets + French Fries</p> <p>G. Philly Cheese Steak + Curly Fries</p>
11	12	13	14	15	16	17
<p>B. Strawberry Belgian Waffle</p> <p>WW. Roast Beef Melt + French Fries</p> <p>G. 8 Fried Shrimp, Steak Fries & Coleslaw</p>	<p>B. Egg White, Veggies, Feta Omelet + Fresh Fruit</p> <p>WW. Turkey Melt + Sweet Potato Fries</p> <p>G. Bacon & Swiss Steak Burger + Curly Fries</p>	<p>B. Pecan French Toast</p> <p>WW. Turkey Burger + Pita Chips & Hummus</p> <p>G. 4 Chicken Taquitos + Spanish Rice</p>	<p>B. Jalapeño Brat, 2 Eggs + Home Fries</p> <p>WW. Chicken Filet Sandwich + Kettle Chips</p> <p>G. Philly Cheese Steak Sandwich + Curly Fries</p>	<p>B. Meat Lover's Omelet + Home Fries</p> <p>WW. Beef Tostada</p> <p>G. Turkey Breast Reuben + Curly Fries</p>	<p>B. Breakfast Burger + Home Fries</p> <p>WW. Fish Filet Sandwich + Coleslaw</p> <p>G. Buffalo Chicken Wings + Sweet Potato Fries</p>	<p>B. Chicken Fried Steak, 2 Eggs + Home Fries</p> <p>WW. Zucchini Sticks + French Fries</p> <p>G. Chicken Caesar Salad</p>
18	19	20	21	22	23	24
<p>B. Breakfast Quesadilla</p> <p>WW. Ham & Cheese Melt + Baked Lays</p> <p>G. Chicken Cordon Blue on Ciabatta + Sweet Potato Fries</p>	<p>B. Ham & Cheese Scramble + Home Fries</p> <p>WW. Grilled Cheese + Tomato Soup</p> <p>G. Fuse Burger + Feta, Avocado On Yogurt Bun + Tossed Salad</p>	<p>B. Chicken Fried Steak, 2 Eggs + Home Fries</p> <p>WW. Hot Dog + Onion Rings</p> <p><u>TACO TUESDAY</u> 2 Carne Asada Soft Tacos + Spanish Rice</p>	<p>B. Breakfast Bowl</p> <p>WW. Garden Burger + Fresh Fruit</p> <p>G. Chicken, Bacon, Spinach, Swiss on Pretzel Bun + Fresh Fruit</p>	<p><u>Happy Thanksgiving!</u> <u>From Food & Nutrition!</u></p> <p>B. Strawberry Belgian Waffle</p> <p><u>THE GRILL IS OPEN FOR</u> <u>BREAKFAST ONLY</u></p>	<p>B. Whole Wheat French Toast + Fresh Fruit</p> <p>WW. Chicken Tenders + Sweet Potato Fries</p> <p>G. Turkey, Swiss, Bacon, Avocado Melt + Pop Chips</p>	<p>B. Meat Lover's Omelet + Home Fries</p> <p>WW. Turkey Burge + Pita Chips & Hummus</p> <p>G. Chicken, Jalappeno, Bacon, Swiss Sandwich + Kettle Chips</p>
25	26	27	28	29	30	
<p>B. Veggie & Cheese Scramble + Fresh Fruit</p> <p>WW. Turkey Melt + Pop Chips</p> <p>G. Chicken, Avocado, Swiss Sandwich + French Fries</p>	<p>B. Steak & Eggs + Home Fries</p> <p>WW. Mozzarella Sticks w/ Marinara & French Fries</p> <p>G. California French Toast Dip Sandwich + Curly Fries</p>	<p>B. Country Breakfast</p> <p>WW. Tuna Melt + Pop Chips</p> <p>G. Smoked BBQ Beef Brisket On Ciabatta + Coleslaw</p>	<p>B. Polish Sausage, 2 Eggs + Home Fries</p> <p>WW. Pork Pot stickers + French Fries</p> <p>G. Chicken Quesadilla + Spanish Rice</p>	<p>B. 2 French Toast + 2 Sausage</p> <p>WW. Jalapeño Poppers + French Fries</p> <p>G. Grilled Reuben + French Fries</p>	<p>B. Taco Omelet + Home Fries</p> <p>WW. Buffalo Burger + Pop Chips</p> <p>G. 3 Chicken Sliders + Curly Fries</p>	