

Weekly Menu Heritage Hills Retirement Community



B R E	Pancakes						
A K F A S T	Bacon Fresh Fruit 100% Juice	Egg and Ham Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	French Texas Toast Bake Sausage Link Fresh Fruit 100% Juice Milk	Fried Egg Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Belgian Waffle Egg of Choice Fresh Fruit 100% Juice	Egg Sausage Croissant Fresh Fruit 100% Juice
L U N C H	Green Salad Seasoned Pot Roast Parmesan Mashed Potatoes Maple Roasted Carrots Baked Roll Fresh Banana Cream Pie	Buttermilk Baked Chicken Fresh Cooked Yams Seasoned Cabbage Baked Roll Cherry Cobbler	Caesar Salad Baked Beef Ravioli Mixed Vegetables Baked Roll Angel Food Cake	Turkey with Mushroom Sauce Baked Potato Seasoned Zucchini Cheesecake with Fruit Topping	Chicken with Dijon Sauce Classic Mashed Potatoes Steamed Broccoli Pecan Pie	Green Salad Shrimp Scampi Chef's Steamed Vegetable Garlic Breadsticks Fruit Crisp	Mozzarella Meatloaf Herb Roasted Red Potatoes Seasoned Peas Baked Roll Chocolate Cake
D I N E R	Monterrey Ham Hoagie Four Fruit Medley Garlic Green Beans Milk offered at every	Broccoli Cheese Soup Peach Fruit Cup Chef Salad Breadsticks	Italian Vegetable Soup Chicken Bacon Wrap Pears Chef's Steamed Vegetable	Crab Salad Croissant Onion Rings Orange Slices Creamy Cucumber Salad	Green Salad Hot Beef Sandwich Jello Salad Succotash	Cheese Pizza Pear Fruit Cup Garden Green Salad	Beef Barley Soup Egg Salad Sandwich California Blend Chocolate Chip Cookie Week 5

Dietitian's Signature: Din Jagu 10-14-2024