

Weekly Menu Heritage Hills Retirement Community



	Sun 02-16-2025	Mon 02-17-2025	Tue 02-18-2025	Wed 02-19-2025	Thu 02-20-2025	Fri 02-21-2025	Sat 02-22-2025	
B R E A K F A S T	Egg of Choice Hash Browns	Pancakes Sausage Link	Hot Cereal Fresh Fruit	French Toast Bacon	Creamed Chipped Beef on Toast	Bacon and Egg Biscuit	Cheesy Scrambled Eggs	
	Fresh Fruit 100% Juice Whole Grain Toast Milk	Fresh Fruit 100% Juice Milk	100% Juice Whole Grain Toast Milk	Fresh Fruit 100% Juice Whole Grain Toast	Fresh Fruit 100% Juice Muffin	Fresh Fruit 100% Juice Milk	Breakfast Ham Fresh Fruit 100% Juice Apple Muffin	
L U N C H	Green Salad Baked Ham Scalloped Potatoes Peas Baked Roll SF Brownies	Shrimp Fettuccine Alfredo Roasted Zucchini Garlic Bread Hummingbird Cake	Green Salad Baked Meatballs with Gravy Classic Mashed Potatoes Mixed Vegetables Baked Roll Funfetti Cake	Honey Mustard Pork Roasted Sweet Potatoes Green Beans Baked Roll Coconut Cream Pie	Green Salad Beef Patty with Mushroom Sauce Parsley Potatoes Creamed Spinach Baked Roll Berry Buckle Cake	Breaded Fish Fillet Fried Potatoes and Onions Coleslaw Cherry Pie	Green Salad Turkey Cutlets with Pan Gravy Parmesan Mashed Potatoes Bacon Brussels Sprouts Baked Roll Ice Cream Bar	
D I N E R	Homestyle Sloppy Joes Potato Salad Buttery Carrots Orange Slices	BBQ Chicken Sandwich Baked Macaroni Cheese Capri Blend Pistachio Pudding	Chicken Salad on Croissant Potato Chips Pickled Beets and Onions Pudding with Vanilla Wafers	Basil Tomato Soup Open Face Tuna Melt Corn Classic Banana Bread	Turkey Club Sandwich Tater Tots Ambrosia Vegetable Sticks	Open Face Hot Roast Beef Sandwich French Fries French Cut Green Beans Jello & Whip Cup	Chicken Nuggets Cheesy Broccoli Rice Carrots Cookie	
	Milk offered at every meal Week 4							

Dietitian's Signature: Dine Jagu 10-14-20 24