

Weekly Menu Heritage Hills Retirement Community



	Sun 03-23-2025	Mon 03-24-2025	Tue 03-25-2025	Wed 03-26-2025	Thu 03-27-2025	Fri 03-28-2025	Sat 03-29-2025
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	Fresh Fruit 100% Juice	100% Juice Whole Grain Toast	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice Muffin	Fresh Fruit 100% Juice Milk	Breakfast Ham Fresh Fruit 100% Juice
	Whole Grain Toast Milk	Milk	Milk	Whole Grain Toast	iviuiiiii	IVIIIK	Apple Muffin
L U N C H	Green Salad Baked Ham Scalloped Potatoes Peas Baked Roll SF Brownies	Shrimp Fettuccine Alfredo or American Goulash Roasted Zucchini Garlic Bread Hummingbird Cake	Green Salad Baked Meatballs with Gravy Classic Mashed Potatoes Mixed Vegetables Baked Roll Funfetti Cake	Honey Mustard Pork Or Marinated Chicken 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 Or Chicken Strip Ranch Wrap Fried Potatoes and Onions Coleslaw Cherry Pie	Green Salad Turkey Cutlets with Pan Gravy Parmesan Mashed Potatoes Bacon Brussels Sprouts Baked Roll
D I N N E R	Homestyle Sloppy Joes Corn Chips Buttery Carrots Orange Slices	BBQ Chicken Sandwich Baked Potato 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	Ice Cream Bar Chicken Nuggets Cheesy Broccoli Rice Carrots Cookie
	Milk offered at every meal Week 4						

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