

Weekly Menu

Heritage Hills Retirement Community



	Sun 06-08-2025	Mon 06-09-2025	Tue 06-10-2025	Wed 06-11-2025	Thu 06-12-2025	Fri 06-13-2025	Sat 06-14-2025
B R E A K F A S T	Pancakes Bacon Pears 100% Juice	Cheesy Scrambled Eggs Sausage Link Fresh Pineapple 100% Juice Whole Grain Toast	Hot Cereal Breakfast Ham Orange Slices 100% Juice Whole Grain Toast	Western Breakfast Sandwich Hash Browns Strawberries 100% Juice	French Toast Sausage Link Applesauce 100% Juice	Sausage Country Gravy and Biscuits Banana Half 100% Juice	Bacon and Cheese Omelet Breakfast Potatoes Cantaloupe 100% Juice Whole Grain Toast
L U N C H	Breaded Ranch Pork Chops Or Buttermilk Baked Chicken Garlic Mashed Potatoes Honey Glazed Carrots Baked Roll Peanut Butter Brownie	Green Salad Chicken Thigh Bake Or Classic Beef Stroganoff Parsley Noodles Capri Blend Baked Roll Cherry Cobbler	Swiss Cube Steak Or Roasted Rosemary Pork Ranch Roasted Potatoes Peas Candy Bar Cake	Green Salad Salisbury Steak and Gravy or Turkey Cutlet with Tarragon Sauce Baked Potato California Blend Assorted Pies	Marinara Chicken Penne Pasta Or Baked Ziti with Italian Sausage Grilled Garlic Parmesan Zucchini Garlic Bread Fruit Tart	Green Salad Tangy Honey Ham Or Vegetable Lasagna Roasted Sweet Potatoes Fresh Green Bean Casserole Breadsticks Ice Cream	Classic Stuffed Peppers Or Chicken with Stuffing and Gravy Classic Mashed Potatoes Corn Peach Angel Food Cake
D I N N E R	Mushroom Swiss Burger Baked Sweet Potato Fries Green Beans Sugar Cookie	Split Pea Ham Soup Italian Sub Sandwich Coleslaw Banana Pudding	French Toast and Eggs Fresh Blueberries Sauteed Peppers and Onions Assorted Donuts	Tomato and Tortellini Soup Chicken Philly Sandwich Grapes Cucumber Dill Salad	Hot Dog and Sauerkraut Potato Salad Baked Beans Strawberry Shortcake	Beef and Vegetable Soup Chicken Salad on Croissant Apple Slices with Peanut Butter Lettuce Tomato Plate	Baked Potato Soup Chef Salad Crackers Homemade Cookie
	Milk offered at every meal Week 4						

Dietitian's Signature:

Pin Jaga 4-21-2025 610/28