

## Weekly Menu

## Heritage Hills Retirement Community



	Sun 06-29-2025	Mon 06-30-2025	Tue 07-01-2025	Wed 07-02-2025	Thu 07-03-2025	Fri 07-04-2025	Sat 07-05-2025
B R E A K F A S T	French Toast Sausage Link Berries and Bananas 100% Juice	Hot Cereal Egg of Choice Pears 100% Juice	Cheesy Scrambled Eggs Bacon Cantaloupe 100% Juice Whole Grain Toast	Pancakes Breakfast Sausage Patty Applesauce 100% Juice	Blueberry Muffin Egg of Choice Pineapple Chunks 100% Juice	Chipped Beef Gravy Breakfast Potatoes Peaches 100% Juice Whole Grain Toast	Fried Egg Sandwich on Bun Strawberries 100% Juice
L U N C H	Meatloaf or Baked Honey Mustard Chicken Classic Mashed Potatoes Carrot Green Bean Blend Baked Roll Creamy Coconut Cake	Tortilla Chips and Salsa  Beef Taco  Or  Chicken Soft Tacos  Mexican Rice  Mexican Corn  Churro	Grilled Pork Chop  or  Beef Roast with Gravy  Sweet Potatoe Casserole Green Beans Baked Roll  Marble Cake	Green Salad  Hamburger Steak with Gravy or  Baked Dijon Salmon Garlic Herb Mashed Potatoes  Peas and Mushrooms Baked Roll  Blueberry Pie	Honey Roasted Chicken Thigh or Beef and Broccoli Basmati Rice Steamed Broccoli Orange Cream Pie	Classic Deviled Eggs  Cheeseburger 'N Fixin's Or All Beef Hot Dog Classic Macaroni Salad Baked Beans Popsicle Bar	Baked Meatballs with Gravy or Turkey Cutlet with Cream Sauce Steamed Red Potatoes Glazed Baby Carrots Cherry Pineapple Dessert
D I N N E R	Chicken Noodle Soup  Bologna Sandwich Potato Chips  Lettuce Tomato Plate Homemade Cookie  Milk offered at every	Chicken Patty Sandwich Steak Fries Jello Fruit Salad Mixed Vegetables	Southern Fried Fish and Chips Coleslaw Cherry Fluff	Basic Ham and Bean Soup Turkey BLT Wrap Grilled Mixed Vegetables Ice Cream	Turkey Rice Soup  Egg Salad Croissant Fresh Tropical Fruit Cup  Marinated Vegetable Salad	Meat Lover's Pizza Sweet Potato Tots Watermelon Garlic Green Beans	Chicken Tender Sandwich Onion Rings Lettuce Tomato Plate Chocolate Chip Cookie Week 2

Dietitian's Signature:

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