

Weekly Menu

Heritage Hills Retirement Community



	Sun 07-06-2025	Mon 07-07-2025	Tue 07-08-2025	Wed 07-09-2025	Thu 07-10-2025	Fri 07-11-2025	Sat 07-12-2025
B R E A K F A S T	Sausage Scramble Hash Browns Pears 100% Juice Whole Grain Toast	Eggs of Choice Breakfast Ham Strawberry Fruit Cup 100% Juice Whole Grain Toast	Pancakes Bacon Applesauce 100% Juice	Chipped Beef Gravy Fresh Pineapple 100% Juice Biscuit	Waffles Sausage Patty Banana Half 100% Juice	English Muffin Breakfast Sandwich Hash Browns Peaches 100% Juice	Hot Cereal Egg of Choice Fresh Blueberries 100% Juice Whole Grain Toast
L U N C H	Chicken Cordon Bleu Or Roast Beef with Horseradish Gravy Classic Mashed Potatoes Capri Blend Baked Roll Lemon Bar	Mandarin Chicken Or Sweet and Sour Shrimp Fried Rice Oriental Blend Baked Roll Orange Creamsicle Bar	Traditional Lasagna or Chicken Alfredo Pasta Italian Seasoned Green Beans Garlic Bread Key Lime Pie	Marinated Pork Roast Or Crunchy Onion Chicken Scalloped Potatoes Creamed Spinach Baked Roll Cheesecake	Green Salad Baked Chicken Thigh with Chicken Gravy Or Beef and Noodles Parsley Noodles Seasoned Peas Strawberry Pie	Classic Meatloaf Or Baked Parmesan Fish Garlic Herb Mashed Potatoes Bacon Brussels Sprouts Baked Roll Fruit Crisp	Green Salad Crispy Chicken Strips Or Swedish Meatballs Basmati Rice Fresh Cooked Zucchini Yellow Cake
D I N E R	Vegetable Barley Soup Ham Salad on Rolls Mixed Vegetables Chocolate Vanilla Pudding Dessert	Roast Beef Sandwich Tater Tots Glazed Carrots Tapioca Pudding	Beef Rice Soup Monterrey Ham Hoagie Potato Chips Lettuce Tomato Plate Oatmeal Raisin Cookie	BBQ Sloppy Joe on a Bun Macaroni and Cheese California Blend Jello Cup	Broccoli Cheese Soup Sausage and Peppers Creamy Cucumber Salad Butterscotch Cream Pie	Hot Turkey Sandwich and Gravy French Fries Classic Lima Beans Angel Food Cake	Garden Tomato Soup Grilled Cheese with Bacon Coleslaw Classic Rice Krispies Treat
	Milk offered at every meal Week						

Dietitian's Signature:

Pin Jage 4-21-2025 610128