

Weekly Menu



Heritage Hills Retirement Community

	Sun 07-20-2025	Mon 07-21-2025	Tue 07-22-2025	Wed 07-23-2025	Thu 07-24-2025	Fri 07-25-2025	Sat 07-26-2025	
B R E A K F A S T	French Toast Sticks Hash Browns Fresh Fruit 100% Juice	Ham Egg and Cheese Casserole Pineapple Chunks 100% Juice Whole Grain Toast	Egg Mushroom Scramble Hash Browns Apple Slices 100% Juice	Sausage Casserole Breakfast Potatoes Peaches 100% Juice Whole Grain Toast	Blueberry Pancakes Bacon Orange Slices 100% Juice	Hot Cereal Egg of Choice Grapes 100% Juice	Cinnamon Belgian Waffles Bacon Strawberries 100% Juice	
L U N C H	Cheese and Broccoli Stuffed Chicken Or Marinated Flank Steak Baked Potato Caesar Salad Baked Roll Chocolate Meringue Pie	Green Salad Roasted Pork Loin with Pan Gravy Or Creamy White Chicken Chili Parsley Rice Corn Fresh Cornbread Pineapple Bread Dessert	Crispy Fried Chicken Or Baked Cod with Dill Sauce Mashed Potatoes and Gravy Carrot Green Bean Blend Baked Roll Cherry Pie	Green Salad Beef Kabob Or Pulled Pork Baked Sweet Potato Sauteed Summer Squash Baked Roll Strawberry Cobbler	Chicken with Mushroom Gravy or Classic Baked Ham AuGratin Potatoes Brussels Sprouts Baked Roll Chocolate Cupcake	Green Salad Teriyaki Meatballs or Honey Lemon Salmon Coconut Rice Hawaiian Roasted Vegetables Pina Colada Cake	Roasted Turkey Breast Or Beef Cabbage Rolls Parsley Potatoes Seasoned Peas Baked Roll Funfetti Cake Bar	
D I N N E R	Reuben Sandwich Chips Pickled Beets and Onions Vanilla Pudding	Farmhouse Turkey Barley Soup Classic Tuna Salad Sandwich Pickle Spear Ice Cream	BBQ Beef Sandwich Potato Wedges Watermelon Cucumber Tomato Salad	Fried Egg Sandwich on Bun Fried Potatoes and Onions Orange Slices Sauteed Peppers and Onions Banana Bread	Chicken Corn Soup Egg Salad Croissant Lettuce Tomato Plate Sunshine Jello Salad	Ham and Swiss Sandwich Baked Sweet Potato Fries Lima Beans Baked Cinnamon Apples	Deluxe Hamburger Fritos Pickle Spear Ice Cream	
	Milk offered at every meal Week 5							