

## Weekly Menu



## Heritage Hills Retirement Community

	Sun 09-07-2025	Mon 09-08-2025	Tue 09-09-2025	Wed 09-10-2025	Thu 09-11-2025	Fri 09-12-2025	Sat 09-13-2025
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	Waffles Egg of Choice 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  Roasted Turkey Breast  Classic Mashed Potatoes  Carrot Green Bean Blend  Baked Roll  Creamy Coconut Cake	Green Salad  Baked Ham  Or  Baked Chicken  Drumsticks  Parsley Potatoes  Green Beans  Berry Crumble	Hamburger Steak with Gravy or Baked Dijon Salmon Roasted Sweet Potatoes Classic Lima Beans Baked Roll Marble Cake	Green Salad  Marinated Pork Roast or Breaded Chicken Breast AuGratin Potatoes Peas and Mushrooms Baked Roll Cherry Pie	Honey Roasted Chicken Thigh Or Beef and Broccoli Basmati Rice Steamed Broccoli Orange Cream Pie	Green Salad  Mini Chicken Pot Pie or Lemon Garlic Fish Parsley Noodles California Blend Bread Pudding with Vanilla Sauce	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	Chicken Patty Sandwich Steak Fries Jello Fruit Salad Mixed Vegetables	Cream of Potato Soup  Cheese Salad Sandwich  Sunchips, Cheddar  Lemon Buttered Broccoli  Rice Pudding	Basic Ham and Bean Soup Turkey BLT Wrap Grilled Mixed Vegetables Ice Cream	Turkey Rice Soup  Egg Salad Sandwich  Fresh Tropical Fruit  Cup  Marinated Vegetable  Salad	Meat Lover's Pizza Baked Sweet Potato Fries Watermelon Garlic Green Beans	Chicken Tender Sandwich Onion Rings Lettuce Tomato Plate Chocolate Chip Cookie

Dietitian's Signature: