

Weekly Menu

Heritage Hills Retirement Community



	Sun 10-05-2025	Mon 10-06-2025	Tue 10-07-2025	Wed 10-08-2025	Thu 10-09-2025	Fri 10-10-2025	Sat 10-11-2025	
B R E A K F A S T	Cheesy Scrambled Eggs Hash Browns Pears 100% Juice Whole Grain Toast	Buttermilk Pancakes Bacon Strawberries 100% Juice	Ham Breakfast Casserole Peaches 100% Juice Whole Grain Toast	Cinnamon French Toast Egg of Choice Grapes 100% Juice	Sausage Egg Muffin Hash Browns Mandarin Oranges 100% Juice	Sauteed Vegetables with Eggs Sausage Link Banana Half 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits Fresh Pineapple 100% Juice	
L U N C H	Apricot Glazed Pork Roast Or New England Pot Roast Baked Potato Green Beans Almondine Baked Roll Grandma's Apple Pie	Country Fried Steak with Gravy or Amish Chicken and Waffles Classic Mashed Potatoes Brussels Sprouts Red Velvet Brownie	Italian Baked Chicken Or Grilled Polish Sausage Ranch Roasted Potatoes Grilled Garlic Parmesan Zucchini Baked Roll Berry Peach Crisp	Green Salad Cheese Ravioli with Pasta Sauce Or Baked Ham with Mango Salsa Mashed Yams Peas Baked Roll Classic Pineapple Upside Down Cake	Beef Tips Au Jus Or Roasted Turkey Breast Buttered Noodles Glazed Baby Carrots Baked Roll Boston Cream Pie	BBQ Chicken Thigh Or BBQ Shrimp Fried Potatoes and Onions Caesar Salad Crusty Garlic Bread Assorted Desserts	Green Salad Roasted Pork Or Honey Glazed Meatballs Herb Roasted Red Potatoes Country Trio Medley Baked Roll Chocolate Pudding	
D I N N E R	Chicken Bacon Wrap Sun Chips Blushing Peaches Pickled Beets and Onions	Soup Grilled Ham and Cheese Sandwich Classic Lima Beans Ice Cream	Philly Cheesesteak Sandwich Steak Fries Roasted Mushrooms M&M Bars	Cream of Mushroom Soup Club Sandwich Potato Chips Cantaloupe Pickle Chips	Cream of Broccoli Soup Chicken Salad and Crackers Parmesan Breadsticks Lemon Pudding	Beef Chili Cornbread Mexican Corn Churro	Corned Beef and Swiss on Rye Tater Tots Chef's Steamed Vegetable Orange Slices	
	Milk offered at every meal Week 1							

Dietitian's Signature:

Pin Jaga 4-21-2025 610/28