

Heritage Hill Senior Community Weekly Menu

Week 1, Nov. 28 – Dec. 4, Dec. 26 – Jan. 1, Jan. 23 – Jan. 29, Mar. 19 – Mar. 25

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|--|
| Cream Of Rice Ham Omelet Fruit Muffin Cranberry Juice | Oatmeal Pancakes Sausage Bacon Orange Juice | Cream Of Wheat Scrambled Eggs Home Fries Apple Juice | Oatmeal Cheese Omelet Asst. Danish Orange Juice | Farina Scrambled Eggs Oatmeal Raisin Bars Cranberry Juice | Oatmeal Waffles Bacon Apple Juice | Pepper And Onion Omelet Asst Donuts Orange Juice |
| Choice of Cold Cereal Choice of Juice White, Wheat, Rye, or Raisin Toast Coffee, Tea or Milk | | | | | | |
| LUNCH | | | | | | |
| Veal And Peppers Mashed Potatoes Red Beets Lemon Pudding | Chicken Alfredo With Broccoli Ice Cream | Stuffed Cabbage Mashed Potatoes Mixed Vegetables Banana Cream Pie | Lasagna With Meat Sauce Garden Salad Garlic Toast Angel Food Cake | Baked Cod Mac And Cheese Stewed Tomatoes Fruit Cup | Stuffed Peppers Mashed Potatoes Wax Beans Cup Cakes | Roast Turkey Mashed Potatoes Carrots Chilled Peaches |
| Chicken Cordon Bleu | Roast Beef Butter Noodles California Blend | Crab Cakes | Roast Pork Mashed Potatoes Peas | Salisbury Steak | Country Chicken And Biscuits | Pork Chops |
| Garden Salad Dinner Rolls Choice of Beverage | | | | | | |
| DINNER | | | | | | |
| Beef Orzo Soup | IT. Wedding Soup | Cream Of Broccoli | Turkey Alphabet Soup | New England Clam Chowder | Chicken Noodle Soup Pork Bar Bque On Bun | Vegetable Soup California Burger Curley Fries Ice Cream |
| Grilled Cheese On White Pasta Salad Chilled Pears | Hot Dog With Sauerkraut French Fries Yellow Cake | Chicken Salad On White Jell-O | BLT On Toast Corn Nuggets Sherbet | Cold Cut Hoagie Pickles Apple Pie | Macaroni Salad Rice Pudding | Bologna And Cheese On White |
| Salami With Lettuce And Tomato On Bun | Lebanon And Cheese Sandwich | Pierogies With Butter And Onions | Chicken Patty On Bun | Galaxy Pizza | Cottage Cheese And Fruit Plate | |
| Choice of Beverage | | | | | | |

Dietician Signature upon approval: Dale O. Wilkinson, RD, LDN

Heritage Hill Senior Community Weekly Menu

Week 2, Dec. 5 – Dec. 11, Jan. 2 – Jan. 8, Jan. 30 – Feb. 5, Feb. 27 – Mar. 4, Mar. 25 – April 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|
| Cream Of Wheat Fried Eggs Oven Potatoes Apple Juice | Oatmeal Raisin French Toast Sausage Bacon Orange Juice | Cream Of Rice Ham Omelet Wheat Toast Cranberry Juice | Oatmeal Scrambled eggs Bagels With Cream Cheese Orange Juice | Cream Of Wheat Waffles Sausage Apple Juice | Oatmeal Heritage Hill Muffin With Ham Cranberry Juice | Cream Of Rice Scrambled Eggs Apple Turnover Orange Juice |
| Choice of Cold Cereal Choice of Juice White, Wheat, Rye, or Raisin Toast Coffee, Tea or Milk | | | | | | |
| LUNCH | | | | | | |
| Country Sausage Haliski Mixed Vegetables Harvest Cake | Beef Pepper Steak Mashed Potatoes Peas & Carrots Tapioca Pudding | Pub Battered Fish Mashed Potatoes Broccoli Apple Strudel Cake | Roast Pork Fried Rice Peas Ice Cream | Baked Haddock French Fries Cole Slaw Vanilla Pudding | Veal Scaloppini Twice Baked Potatoes Bean Blend Lemon Meringue Pie | Spaghetti With Meat Sauce Garden Salad Garlic Bread Choc. Cake |
| Meatloaf | Stuffed Chicken Breast | Beef Tips With Mushrooms | Sweet And Sour Chicken | Salisbury Steak | Breaded Chicken Breast | Crab Cakes Mashed California Blend |
| Dinner Rolls Choice of Beverage | | | | | | |
| DINNER | | | | | | |
| Turkey Rice Soup Chicken Fingers Mini Potato Cakes Fruit Cup | Chicken Dumpling Soup Turkey And Cheese Sandwich Tomato and Cucumber Salad Pumpkin Custard RibBque On Bun | Cream Of Mushroom Soup Crab Salad Cold Plate Jell-O | Beef Ditlini Soup Chip Steak Hoagie Pickled Red Beets Brownies | Vegetable Soup Egg Salad On White Macaroni Salad Orange Poke Cake | Manhattan Clam Chowder Tuna Salad On White Peach Yogurt | Ham And Bean Soup Chicken Cheese Steak On Bun Pasta salad Apricots |
| Ham Salad On Rye | | Meatball Hoagie Potato Salad | Ham And Cheese On White | Cheese Lettuce And Tomato On White | Cold Roast Beef With Lettuce And Tomato On Bun | Sausage And Pepper Hoagie |
| Choice of Beverage | | | | | | |

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Heritage Hill Senior Community Weekly Menu

Week 3 Nov. 14 – Nov. 20, Jan. 9 – Jan. 15, Feb. 6 – Feb. 12, Mar. 5 – Mar. 11

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|---|--|
| Oatmeal Cheese Omelet Cinn. Buns Orange Juice | Oatmeal Scrambled Eggs Home Fries Sausage Bacon Cranberry Juice | Cream Of Rice Blue berry Pancakes With Syrup Apple Juice | Oatmeal Scrambled Eggs Sausage Orange Juice | Oatmeal French Toast On Texas Toast With Syrup Cranberry Juice | Cream Of Wheat Pepper And Onion Omelet Ham Slice Orange Juice | Oatmeal Scrambled Eggs Fruit Muffin Apple Juice |
| Choice of Cold Cereal Choice of Juice White, Wheat, Rye, or Raisin Toast Coffee, Tea or Milk | | | | | | |
| LUNCH | | | | | | |
| Breaded Pork Chops Roasted Potatoes Brussels Sprouts Ambrosia Salad | Liver And Onions Butter Noodles Lima Beans Butter Scotch Pudding | Baked Haddock Mashed Potatoes Carrots Shoo Fly Cake | Glazed Chicken Fried Rice Oriental Blend Jell-O | Baked Cod Mac And Cheese Stewed Tomatoes Pineapple Upside Down Cake | Chicken Kiev Sweet Potatoes Green Beans Chilled Pears | Mini Ravioli With Meat sauce Garlic Bread California Blend Ice Cream |
| Honey Mustard Chicken | Roast Turkey | Beef Stew With Biscuits | Veal And Peppers | Roast Pork | Roast Beef | Country Sausage Mashed Potatoes |
| Dinner Rolls Choice of Beverage | | | | | | |
| DINNER | | | | | | |
| It. Wedding Soup Cottage Cheese And Fruit Plate | Beef Noodle Soup Chicken Nuggets French Fries Boston Cream Pie | Vegetable Soup Chicken Salad On White Peach Yogurt Pierogies With Butter And Onions | Chicken Orzo Soup Hot Dog On Bun Baked Beans Strawberry Short Cake | Manhattan Clam Chowder French Bread Pizza Sherbet | Minestrone Soup Haddock Square On Bun Rosy Apple Sauce Lemon Cake | Turkey Noodle Soup Cheese Burger On Bun Cottage Cheese And Peaches Cookies Peanut Butter And Jelly on White |
| Ice Cream Cold Meatloaf On White Pickles | Bologna And Cheese Sandwich | | Salami With Lettuce And Tomato On Bun | Chef Salad | Grilled Cheese | |
| Choice of Beverage | | | | | | |

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Heritage Hill Senior Community Weekly Menu

Week 4 Nov. 21 – Nov. 27, Dec. 19 – Dec. 25, Jan. 16 – Jan. 22, Feb. 13 – Feb. 19, Mar. 12 – Mar. 18

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|---|--|
| Oatmeal Fried Eggs Asst. Danish Cranberry Juice | Oatmeal Country Biscuit With Sausage Gravy Scrambled Eggs Bacon Cranberry Juice | Cream Of Rice French Toast Sausage Apple Juice | Oatmeal Western Omelet Fruit Muffin Orange Juice | Cream Of Wheat Scrambled Eggs Cinn. Coffee Cake Cranberry Juice | Oatmeal Cheese Omelet Asst Donuts Orange Juice | Oatmeal Waffles Bacon Apple Juice |
| Choice of Cold Cereal Choice of Juice White, Wheat, Rye, or Raisin Toast Coffee, Tea or Milk | | | | | | |
| LUNCH | | | | | | |
| Pork And Sauerkraut Mashed Potatoes Corn Apple Sauce Spice Cake | Roast Turkey Stuffing Peas And Carrots Pumpkin Pie | Lasagna Rolls With Sauce Garden Salad Garlic Bread Jell-O | Pork Chops O'Brien Potatoes Roasted Vegetables Ice Cream | Cheese Crumb Cod Mashed Potatoes Glazed Carrots Choc. Pudding | Ham Steak Roasted Potatoes Cream Corn Peach Yogurt | Chicken Parm. Spaghetti Caesar Salad Garlic Bread Butter Scotch Pudding |
| Chicken with Broccoli | Meatloaf | Chicken with waffles Green Beans | Roast Beef | Chicken Croquettes | Stuffed Peppers | Country Sausage Mixed Veggies |
| Garden Salad Dinner Rolls Choice of Beverage | | | | | | |
| DINNER | | | | | | |
| Chicken Dumpling Soup Chip Steak Hoagie Onion Rings Rice Pudding | Beef Noodle Soup Chicken Salad On White Macaroni Salad Vanilla Ice Box Cake | Tomato Rice Soup Grilled Cheese Potato Salad Peach Delight | Split Pea Soup Pickly Joe Poppies Brownies | Cream Of Cauliflower Soup Turkey And Cheese Sandwich Cole Slaw Fruit Cup | Chicken Rice Soup BBQ Chicken On Bun Macaroni Salad Cookies | Vegetable Soup Ham And Cheese On Rye Pickles Boston Cream Pie |
| Salami With Lett. And Tom. On White | Pork BBQ On Bun | Tuna Salad On White | Chicken Pot Pies | Pizza | Egg Salad On White | Crab Salad Cold Plate |
| Choice of Beverage | | | | | | |

SNACK

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