



THE HIGHLANDS

A GRACE MGMT COMMUNITY

Week of November 4th 2018

Good to Go Dinner Menu \$15 (includes soup or salad, entrée, 2 sides and a dessert)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soups	Beef Barley	Turkey Noodle	Mushroom Wild Rice	Cream of Broccoli	Carrot Ginger	Salmon Chowder	Chicken Florentine
Salad	Baked Ham	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Entrees	Eggs Benedict	Sole Florentine	Raspberry Pork Tender	Fish n Chips	Roast Pork	Shrimp Cakes	So. Fried Chicken
	Spin Pasta Cass	Coq au Vin	Beef Short Ribs	Chicken Veronique	Spanakopita	Corned Beef n Cabbage	Stuffed Green Pepper
Starch	Mashed Reds	Herbed Orzo	Whipped Potato	French Fries	Wild Rice Pilaf	Jasmine Rice	Whipped Potato
	Home Browns	Baked Sweet Potato	Basil Risotto	Scalloped Potatoes	Mashed Sweets	Parslied Potatoes	Potato Pancakes
Vegetables	Green Beans	Zucchini	Butternut Squash	Broccoli	Brussels Sprouts	Turnip/Carrot	Succotash
	Corn	Vegetable Medley	Peas	Sesame Eggplant	Mushrooms n Peppers	Asparagus	Spinach
Desserts	Grapenut Custard	Berry Pie	Fruit Cobbler	Rapsberry Cookie	Straw-Rhubarb Crisp	P'mint Cheesecake	Cream Horns
	Angel Food Cake	Toffee Cookie	Chocolate Torte	Hula Skirt Cake	Pistachio Pudding	Pumpkin Cake	Molasses Cookie

Good to Go "Lighter Fare" Menu \$10

<p>Roast Beef and Provolone*V on grain bread with horseradish mayo, lettuce and roasted red peppers. Served with potato salad.</p>	<p>Sausage Gravy and Biscuit with fresh fruit.</p>	<p>Thai Chicken Salad*V On a bed of shredded red cabbage and grated carrots; grilled chicken with edamame, cucumber, sweet red pepper and dry roasted peanuts. Topped with a toasted sesame-ginger dressing.</p>	<p>Baked Haddock Loin*V with wild rice pilaf, squash puree and herb butter.</p>
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*Gluten Free Entrée V Vegetarian

Home Delivery: Sunday 12:30-1:00, Mon-Sat 6:00-6:30 (207) 725-4407 Ext. 136

24 Hr notice is suggested. Highland Green Residents: \$1 delivery fee per address