



THE HIGHLANDS

A GRACE MGMT COMMUNITY

Week of December 2nd 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	Tomato Florentine	Split Pea	Chicken Rice	Squash and Apple	Broccoli Ched	Fish Chowder	Cheeseburger
Salad	Sirloin Steak	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Entrees	Hash n Eggs	Tuna Melt	Pork Tenderloin	Salmon Hollandaise	Veg Stuffed Shells	Smoked Brisket	Cod Cakes
	Veggie Lasagna	Chicken Madras	Duck l'orange	Chicken Saltimbocca	Turkey Scallopini	Mussels	Chicken Supreme
Starch	Mashed Reds	Whipped Potato	Wild Rice	Russet Wedges	Whipped Potato	Baked Potato	Whipped Potato
	Home Fries	Spanish Rice	Whipped Potato	Baked Sweet Potatoes	Lima Beans	Sugar Snap Peas	Swt Potato Gratin
Vegetables	Brussels Sprouts	Broccoli	Rainbow Chard	Peas	Zucchini	Carrot/Parsnips	Spinach
	Whipped Squash	Vegetable Medley	Carrots	Stewed Tomatoes	Spaghetti Squash	Whipped Potato	Creamed Onions
Desserts	Pecan Pie	Oatmeal Raisin Cookie	Gingerbread w/ Cream	Eclairs	Raspberry Cookie	Cherry Cheesecake	Fruit n Oat Parfait
	Apple Cran Crisp	Lemon Meringue Pie	Apple Turnover	Strawberry Trifle	Kentucky Derby Pie	Dream Bars	Choc Pudding Cake

Good to Go "Lighter Fare" Menu \$10

<p>Grilled Chicken BLT*V a grilled breast on a soft bun with mayonnaise, lettuce, tomato and bacon. Served Sun Chips</p>	<p>French Toast*V with bacon and fresh fruit</p>	<p>Greek Salad*V On a bed of roamine greens, cherry tomatoes, kalamata olives, red onion, feta cheese, garbanzo beans and artichoke hearts. Served with a greek feta vinaigrette</p>	<p>Charbroiled Pub Steak* with herb roasted potato wedges and vegetable medley</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