



THE HIGHLANDS

A GRACE MGMT COMMUNITY

Week of January 20th 2018

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	50's Brunch	
Soups	Corn Chowder	Three Onion	Pumpkin Bisque	Tomato	Italian Wedding	Clam Chowder	Chicken Noodle	
Salad	Roast Pork	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Fried Clams	
Entrees	Crème Brulee FT	Meat Lasagna	Kielbasa n Peppers	Seafood Newburg	Roast Chicken	Meatloaf	Chicken Tenders	
	Scrambled Eggs	Lemon-Pepper Cod	Roasted Chicken Thighs	BBQ Pulled Pork	Veal Parmesan	Popcorn Shrimp	Burgers/Franks	
Starch	Mashed Reds	Whipped Potato	Pasta Salad	Cole Slaw	Whipped Potato	Baked Potato	French Fries	
	Home Fries	Rice Pilaf	Roasted Reds	Mashed Sweet Potatoes	Stuffing	Sweet 'Tater Tots	Cole Slaw	
Vegetables	Brussles Sprouts	Wax Bean Amandine	Broccoli	Green Beans	Zucchini	Harvard Beets	Onion Rings	
	Sesame Carrots	Peas n Pimento	Corn	Vegetable Medley	Mashed Turnips	Sugar Snap Peas	Instant Potatoes	
Desserts	Boston Ceam Pie	Peanut Butter Cake	Baklava	French Silk Pie	Dessert Bars	Apple Cheesecake	Apple Pie ala	
	Strawberry Yogurt Cake	Blueberry Pie	Choc Toffee Cake	Orange-Cran Tapioca Parfait	Strawberry Pie	Choc Filled Cookie	Ass't Soda Floats	

Good to Go "Lighter Fare" Menu \$10

Hummus Sandwich*V on a brioche bun with smoked gouda, lettuce, tomato and onion. Served with 3 bean salad	Western Omelette Ham, peppers, onions and cheddar cheese. Served with with fresh fruit, and choice of toast. Substitute veggie sausage, if you wish.	Hardwood Smoked Chicken Salad*V On a bed of "power" greens, smoked & pulled chicken with pickled beets, cherry tomatoes and feta cheese. Topped with an apple Vinaigrette	Garlic Shrimp and Fried Red Potato Saute*V with sweet red pepper edamame and	
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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