



THE HIGHLANDS  
A GRACE MGMT COMMUNITY  
Week of January 6th 2019

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soups</b>	Chicken Noodle	Potato Leek	Canadian Vegetable	Cream of Mushroom	Beef n Barley	Shrimp Bisque	Spinach Lentil
<b>Salad</b>	Roast Turkey	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
<b>Entrees</b>	Chimichurri Chicken	Sherry Chicken	Brats n Kraut	Citrus Haddock	Chicken Paprikash	Rib Eye	Parmesan Chicken
	Fried Eggs	Pesto Salmon	Veal Picatta	Spaghetti n Meatballs	Pork Empanada	Fried Fish Salad	Shepherd's Pie
<b>Starch</b>	Mashed Reds	Whipped Potato	Wild Rice	Basmati Rice	Whipped Potato	French Fries	Whipped Potato
	Sweet Potato	Orzo Florentine	Angel Hair Pasta	Sweet Potatoes	Egg Noodles	Baked Potato	Potato Pancake
<b>Vegetables</b>	Brussels Sprouts	Asparagus	Acorn Squash	Zucchini	Broccoli	Mush n Peppers	Sugar Snap Peas
	Cauliflower	Wax Beans	Green Beans	Carrots	Braised Red Cabbage	Peas	Vegetable Medley
<b>Desserts</b>	Pecan Squares	Chocolate Torte	Gingerbread Whoopie	Choc Mint Cake	Key Lime Pie	Blueberry Cheesecake	Apple Pie
	Orange Chiffon	Crème Caramel	Root Beer Float	Cannoli	Choc Chip Cookie	Cranberry Bread Pudding	Specialty Ice Cream

**Good to Go "Lighter Fare" Menu \$10**

<p><b>Hamburger*V</b> on a traditional bun with lettuce, tomato and onion. Add swiss or USA cheese. Served Sun Chips</p>	<p><b>Scrambled Eggs*V</b> with bacon or vegetable sausage, fresh fruit and choice of fruit</p>	<p><b>Chef's Salad*V</b> On a bed of crunchy greens, cherry tomatoes, cukes, hard boiled egg, turkey, ham, swiss and cheddar. Served with choice of dressing.</p>	<p><b>Pan-seared Chicken Thigh*</b> with wild rice pilaf, sauteed zucchini and cranberry sauce.</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