



THE HIGHLANDS

A GRACE MGMT COMMUNITY

Week of February 10th 2019

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soups	Roasted Cauliflower	Squash and Apple	Corn Chowder	Classic Tomato	Sweet Potato	Clam Chowder	Beef Vegetable
Salad	Roast Pork	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Entrees	Chicken Broccoli	Beefsteak Chili	Vegetable Quiche	Chicken Marsala	American Chop Suey	Lemon Haddock	Chicken
	Scrambled Eggs	Linguine w/ Clam Sauce	Sirloin Tips	Crab Mac n Cheese	Pork Chops	Red Sox Pot Roast	Stuffed Cabbage Rolls
Starch	Mashed Reds	Whipped Potato	Whipped Potato	Whipped Potato	Summer Squash	Whipped Potato	Fiesta Rice
	Home Fries	Pineapple Rice	Rice Pilaf	Pasta Salad	Baked Sweet Potato	Baked Potato	Roasted Sweets n Reds
Vegetables	Asparagus	Beets	Acorn Squash	Spinach	Apple Sauce	Peas n Onions	Broccoli
	Veg Medley	Zucchini	Green Beans	Corn	Sugar Snap Peas	Honey Carrots	Spaghetti Squash
Desserts	Carrot Cake	Pumpkin Cookie	French Silk Pie	Peach Cobbler	Boston Crème Pie	Toffee Cheesecake	Tiramisu
	Cran-Apple Crisp	Pecan Pie	Lemon Pudding Cake	Mocha Ice Cream Roll	Apple Cake	Rum Cake	Blueberry Crisp

Good to Go "Lighter Fare" Menu \$10

<p>Smoked turkey and Swiss*V on rye bread with 1000 island dressing, served with pickles and tangy coleslaw</p>	<p>Eggs Your Way*V with 2 bacon strips, fresh fruit and choice of toast</p>	<p>Classic Caesar Salad*V On a bed of crunchy greens with shaved parmesan and cheesy croutons. Add grilled chicken or shrimp. Anchovies available.</p>	<p>Chicken Fried Steak Dinner*V with mashed potatoes, chicken gravy 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