



THE HIGHLANDS  
A GRACE MGMT COMMUNITY  
Week of May 19th 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>	Tomato Florentine	Split Pea	Chicken Rice	Squash and Apple	Broccoli Ched	Fish Chowder	Cheeseburger	
<b>Salad</b>	Sirloin Steak	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	
<b>Entrees</b>	Hash n Eggs	Tuna Melt	Pork Tenderloin	Salmon Hollandaise	Veg Stuffed Shells	Smoked Brisket	Cod Cakes	
	Mac n Cheese	Chicken Madras	Duck l'orange	Eggplant Parmesan	Turkey Scallopini	Mussels	Chicken Supreme	
<b>Starch</b>	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	
<b>Vegetables</b>	Brussels Sprouts	Broccoli	Rainbow Chard	Peas	Zucchini	Carrot/Parsnips	Spinach	
	Whipped Squash	Vegetable Medley	Carrots	Stewed Tomatoes	Spaghetti Squash	Whipped Potato	Creamed Onions	
<b>Desserts</b>	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**

<b>Hamburger*V</b> with lettuce, tomato and onion on a traditional bun. Add USA cheese, if desired. Served with Fauxtato Salad	<b>Hash and Eggs*V</b> Eggs your way with fresh fruit and choice of toast. Veggie breakfast patties is a substitution	<b>Chopped Spring Salad *V</b> Grilled chicken on a bed of mixed greens with cherry tomatoes, cucumbers, radish and edamame. Served with a lemon-honey vinaigrette.	<b>Pan-seared Haddock Loin*V</b> with mashed sweet potatoes and asparagus. Served with tartar sauce.	
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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