



THE HIGHLANDS
A GRACE MGMT COMMUNITY
Week of September 8th 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	Tomato Basil	Corn Chowder	Chilled Cucumber	Sweet Potato	Seafood Chowder	Beef Vegetable
Salad	Roast Pork	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Entrees	Chicken Broccoli	Beefsteak Chili	Chicken Marsala	Tuna Croissant	American Chop Suey	Sauce	San Diego Tomato Chicken
	Scrambled Eggs	Lemon Haddock	Sirloin Tips	Orange Shrimp Salad	Pork Chops	Red Sox Pot Roast	Stuffed Cabbage Rolls
Starch	Home Fries	Whipped Potato	Whipped Potato	Whipped Potato	Summer Squash	Whipped Potato	Fiesta Rice
	Red Potatoes	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
	Vegetable Medley	Zucchini	Green Beans	Corn on Cob	Sugar Snap Peas	Honey Carrots	Spaghetti Squash
Desserts	Carrot Cake	Pumpkin Cookie	French Silk Pie	Peach Cobbler	Boston Crème Pie	Toffee Cheesecake	Tiramisu
	Apple Crisp	Pecan Pie	Lemon Pudding Cake	Mocha Ice Cream Roll	Apple Cake	Rum Cake	Blueberry Crisp

Good to Go "Lighter Fare" Menu \$10

Grilled Brie and Apple *V on grain bread Served with Sun-Chips	Sausage Gravy & Biscuit *V with fresh fruit,	Taco Salad*V on mixed crunchy greens with cherry tomatoes, black olives, red onion, sweet peppers & cheddar cheese Served with corn tortillas and secret sauce	Teriyaki Chicken Thigh*V with vegetable stir-fry and jasmine rice
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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