



THE HIGHLANDS

A GRACE MGMT COMMUNITY

Week of January 22, 2023

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

	Sunday Brunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soups	Broccoli Cheese	Vegetable	Hamburger	Chicken Noodle	Beef Rice	Seafood Chowder	Vegetable Mac.
Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Entrees	Rainbow Trout	Shepherd's Pie	Beef Tips	Lemon Turkey	Bacon Beef Patty	Chix Cord. Bleu	Hadd. Provencal
	Adobo Chicken	Pork Tenderloin	Tilapia	Lasagna	Chicken Alfredo	Eggplant Parm	Veal Marsala
Starch	Mash Potato	Sweet Potato	Mashed Pot.	Baked Potato	Linguine	Parmesan Pasta	Baked Potato
	Rice Pilaf	Rice Orzo Pilaf	Parsley Rice	Stuffing	Mashed Potato	Cheesy Grits	Rice Pilaf
Vegetables	Green Beans	Brussel Sprouts	Corn O'Brien	Beets	Carrots	Peas	Parsnips
	Yellow Squash	Pearl Onions	Asparagus	Zucchini	Broccoli	Corn	Carrots
Desserts	Vanilla Cr Pie	Coffee Cake	PB Brownie	Fruit Cobbler	Key Lime Pie	Pecan Pie	Pineapple Crisp
	Cheesecake	Bread Pudding	CC Cake	Black Forest Cake	Carrot Cake	Pear Cake	Fruit Parfait

*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