



THE HIGHLANDS

A GRACE MGMT COMMUNITY

Week of September 17, 2023

Good to Go Dinner Menu \$20 (includes soup or salad, entrée, 2 sides and a dessert)

	Sunday Brunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soups	Cream of Broccoli	Fish Chowder	Cabbage Beef	Basil Tomato	Miso	Beef Vegetable	Cream of Chix
Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Entrees	Pot Roast	Veal Parm	Grilled Pork	Gnocchi Caprese	Roast Pork	Ham w/Pecan Gl	Shrimp Mac n Cz
	Chicken Curry	Baked Haddock	Lasagna	Salisbury Steak	Chix Marsala	Poached Salmon	Meatloaf
Starch	Mashed Pot.	Spag/Marinara	Roasted Pots	Mashed Potato	Parm Polenta	Lemon Rice	Parm Polenta
	Basmati Rice	Rice Pilaf	Mash Sweets	Baked Potato	Herb Quinoa	Mashed Potato	Cornbread Muffin
Vegetables	Zucchini	Brussel Sprouts	Beets	Peas	Green Beans	Parsnips	Spinach
	Carrots	Asparagus	Broccoli	Rutabagas	Broccoli	Asparagus	Butternut Squash
Desserts	Coc Cr Pie	Choc Cake	Bos Cream Pie	Carrot Cake	Key Lime Pie	Blueberry pie	Germ Cheescke
	Apple Crisp	Str Cheesecake	Cookie	Cherry Pie	Berry Parfait	Brownie	Éclair

*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