




# OCT

# THE Heritage Place MENU

	Mon. Oct 7	Tues. Oct 8	Wed. Oct 9	Thurs. Oct 10	Fri. Oct 11	Sat. Oct 12	Sun. Oct 13
LUNCH	<p><b>No Lunch Today</b></p> 	Cream of Asparagus ~ Pierogis Sour Cream Fried Onions & Bacon ~ Turkey Sandwich Coleslaw ~ Ice Cream Treat	Butternut Squash ~ Chicken Fingers Plum Sauce French Fries ~ Sausage & Egg Breakfast Sandwich Tomato Slices ~ Chocolate Mousse	Beef Barley ~ Cannelloni Sautéed Spinach and Onions ~ French Toast Peameal Bacon ~ Rice Pudding	Chicken Noodle ~ Captain (Fish) Burger Coleslaw ~ Hot Dog Fries ~ White Chocolate Macadamia Cookie	Cream of Potato ~ Canadian Pizza (Bacon, Mushroom, Pepperoni) Garden Salad ~ Assorted Sub Potato Chips ~ Black Forest Pudding	<p><b>No Lunch Today</b></p> 
DINNER	Lasagna Caesar Salad Garlic Bread ~ Chicken Balls Sweet & Sour Sauce Fried Rice Broccoli ~ Apple Blossom	Beef Pot Pie Mashed Potato Carrots ~ Western Strata Garden Salad ~ Maple Sugar Cake	Shepherd's Pie Mixed Vegetables ~ Crusted Tortilla Tilapia Sweet Potato Fries Coleslaw ~ Brownie	Orange Glazed Chicken Rice Snap Peas ~ Macaroni & Cheese Broccoli ~ Raspberry Turnover	Battered Cod Potato Wedges Coleslaw ~ Sliced Sausage Onions & Peppers Mashed Potatoes ~ Carrot Cake	<p><b>No Dinner Today</b></p> 	Roast Turkey Gravy/ Cranberry Sauce Stuffing Mashed Potato Carrots ~ Spinach Salad Chicken Strips Hard Boiled Egg Feta Cheese Mandarins ~ Pumpkin Pie with Whipped Cream

Please sign up for meals by 1:00 PM the day prior to the scheduled seating.

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# THE Heritage Place MENU

	Mon. Oct 14	Tues. Oct 15	Wed. Oct 16	Thurs. Oct 17	Fri. Oct 18	Sat. Oct 19	Sun. Oct 20
LUNCH	<p><b>No Lunch Today</b></p> 	Roasted Tomato and Pepper ~ Egg Salad Sandwich Coleslaw ~ Sausage Rolls Macaroni Salad ~ Nanaimo Bar	Split Pea with Ham ~ Spanakopita (Pastry filled with spinach, ricotta and feta cheese) Greek Salad ~ Beans & Weiners Cheese Biscuit ~ Oatmeal Raisin Cookie	Italian Wedding ~ Mixed Berry Waffles Cottage Cheese ~ Quesadilla Salsa & Sour Cream Kernel Corn ~ Chocolate Chip Banana Loaf	Cream of Mushroom ~ Chicken Burger Fries ~ Tuna Melt Cucumber & Red Onion Salad ~ Butterscotch Pudding	Broccoli Cheddar ~ Deluxe Pizza Garden Salad ~ Roast Beef and Cheddar Sandwich Coleslaw ~ Ginger Cookie	<p><b>No Lunch Today</b></p> 
DINNER	French Onion Pork Chop Mashed Potato Asparagus ~ Breaded Pollock Potato Wedges Coleslaw ~ Bread Pudding	Turkey Schnitzel Cranberry Sauce Mashed Potato Mixed Vegetables ~ Spinach & Cheese Quiche Garden Salad ~ Cheesecake	Meatball Sub Italian Vegetables ~ Honey Garlic Sausage Roasted Potatoes Green Peas ~ Fruit Cobbler	Ginger Beef Rice Stir Fry Vegetable ~ Turkey Pot Pie Mashed Potatoes Carrots ~ Chocolate Cake	Salmon with Dill Sauce Mashed Potatoes Carrots ~ Chili Corn Bread ~ Assorted Desserts	<p><b>No Dinner Today</b></p>   	Sliced Ham Scalloped Potatoes Mixed Vegetables ~ Shrimp Creole Rice Green Peas ~ Apple Pie with Cheese

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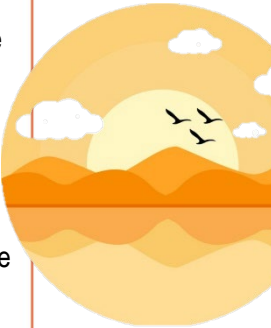

# THE Heritage Place MENU

	Mon. Oct 21	Tues. Oct 22	Wed. Oct 23	Thurs. Oct 24	Fri. Oct 25	Sat. Oct 26	Sun. Oct 27
LUNCH	<p><b>No Lunch Today</b></p> 	<p>Turkey Vegetable Soup ~ Ruben Sandwich Dill Pickle ~ Spinach Ravioli Broccoli ~ Double Chocolate Cookie</p>	<p>Potato Bacon Soup ~ Chicken Nuggets Plum Sauce Fries ~ Bruschetta (Garlic Bread with cheese topped with diced tomato) Garden Salad ~ Lemon Pudding</p>	<p>Vegetable Soup ~ Macaroni with Tomato &amp; Beef Stewed Tomatoes ~ Cheese Dream (Melted Cheese, Green Onion, Bacon Bits) Garden Salad ~ Tapioca Pudding</p>	<p>Chicken Vegetable ~ Ham Salad Sandwich Garden Salad ~ Scrambled Eggs Toast with Jam Bacon ~ Macaroon</p>	<p>Cauliflower &amp; Cheese ~ Chicken Caesar Wrap with Fries ~ Salmon Sandwich Potato Chips ~ Muffin</p>	<p><b>No Lunch Today</b></p> 
DINNER	<p>Liver &amp; Onions Bacon Strips Mashed Potatoes Mixed Vegetables ~ Cabbage Rolls Green Peas ~ Apple Crisp</p>	<p>BBQ Riblet Sweet Potato Fries Green Beans ~ Taco Bake (Tortillas, Ground Beef, Cheddar Cheese, Salsa) Corn ~ Angel Food Cake &amp; Berries</p>	<p>Chicken Thighs Mashed Potato Corn ~ Cod Loin Roasted Mini Potatoes Coleslaw ~ Ambrosia</p>	<p>Ham &amp; Potato Casserole Broccoli ~ Vegetable Lasagna Garden Salad ~ Maple Marble Cake</p>	<p>Sweet &amp; Sour Pork Rice Stir-Fry Vegetables ~ Battered Haddock Potato Wedges Coleslaw ~ Ice Cream Cone</p>	<p><b>No Dinner Today</b></p> 	<p>Cottage Roll Baked Potato Sour Cream Mixed Vegetables ~ Cobb Salad (lettuce, chicken strips, bacon bits, hardboiled egg, shredded cheese) Ranch Dressing ~ Cherry Pie with Whipped topping</p>

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# THE Heritage Place MENU

	Mon. Oct 28	Tues. Oct 29	Wed. Oct 30	Thurs. Oct 31	Fri. Nov 1	Sat. Nov 2	Sun. Nov 3
LUNCH	<p><b>No Lunch Today</b></p> 	<p>Beef Vegetable ~ Pepperoni Pizza Garden Salad ~ Tuna Sandwich Potato Chips ~ Chocolate Chip Cookie</p>	<p>Minestrone Soup ~ Cinnamon Raisin Toast Hard Boiled Egg Cheddar Cheese Orange Wedges ~ Sausage and Egg Breakfast Sandwich Tomato Slices ~ Jell-o with Fruit</p>	<p>Cream of Carrot Soup ~ Breaded Chicken Wings Veggies and Dip ~ Pastrami Sandwich Potato Salad ~ Tiger Tail Ice Cream Treat</p>	<p>Tomato Soup ~ Grill Cheese Garden Salad ~ Cream Cheese Bagel Cucumber Slices ~ Peanut Butter Cookie</p>	<p>Cream of Chicken ~ Turkey &amp; Cheese on a Kaiser Coleslaw ~ Pancakes Maple Syrup Breakfast Sausage ~ Fruit Salad</p>	<p><b>No Lunch Today</b></p> 
DINNER	<p>Spaghetti with Meat Sauce Garlic Bread Caesar Salad ~ Chicken Cordon Bleu Mashed Potato Green Beans ~ Trifle</p>	<p>Beef Pot Pie Mashed Potatoes Carrots ~ Oktoberfest Sausage on a Bun French Fries Coleslaw ~ Lemon Meringue Pie</p>	<p>Breaded Sole Sweet Potato Fries Parsnips ~ Honey Garlic Meatballs Egg Noodles Broccoli ~ Chocolate Eclair</p>	<p>Butter Chicken Rice Peppers &amp; Onions ~ Tourtiere Pie Mashed Potato Squash ~ Halloween Cake</p>	<p>Taco Salad (Shredded Lettuce, cheddar cheese, taco meat, salsa, sour cream) ~ Crunchy Perch Potato Wedges Coleslaw ~ Apple Cinnamon Cake</p>	<p><b>No Dinner Today</b></p> 	<p>Roast Beef Yorkshire Pudding Horseradish Mashed Potato Mixed Vegetables ~ Lobster/Crab Roll Garden Salad ~ Black Forest Cake</p>

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