

**OCT**

# THE Heritage Place MENU

|        | Mon. Oct 6                                                                                                      | Tues. Oct 7                                                                                                                                      | Wed. Oct 8                                                                                                                                        | Thurs. Oct 9                                                                                                                   | Fri. Oct 10                                                                                                                             | Sat. Oct 11                                                                                                                                   | Sun. Oct 12                                                                                                                         |
|--------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| LUNCH  | No Lunch                                                                                                        | Cauliflower Soup<br>~<br>Pierogis<br>Sour Cream<br>Fried Onions & Bacon<br>~<br>Cucumber & Cream Cheese on Rye<br>Potato Salad<br>~<br>Chocolate | Butternut Squash<br>~<br>Chicken Fingers<br>Plum Sauce<br>Fries<br>~<br>Sausage & Egg Breakfast Sandwich<br>Tomato Slices<br>~<br>White Chocolate | Minestrone<br>~<br>Cannelloni<br>Sautéed Spinach and Onions<br>~<br>Ham & Swiss Sandwich<br>Waldorf Salad<br>~<br>Rice Pudding | Chicken Rice<br>~<br>Captain (Fish) Burger<br>Coleslaw<br>~<br>Pancakes<br>Bacon<br>~<br>Tropical Fruit                                 | Cream of Potato<br>~<br>Canadian Pizza (Bacon, Mushroom, Pepperoni)<br>Garden Salad<br>~<br>Roast Beef and Cheddar on a Bun<br>Macaroni Salad | No Lunch                                                                                                                            |
| DINNER | Beef Stew<br>Tea Biscuit<br>~<br>Egg Salad Plate (Potato Salad, Pickled Beets, Dinner Roll)<br>~<br>Fruit Crisp | Lemon Chicken Breast<br>Rice<br>Stir Fry Vegetables<br>~<br>Western Strata<br>Garden Salad<br>~<br>Raspberry Turnover                            | Crusted Tortilla Tilapia<br>Mashed Potato<br>Corn<br>~<br>Pork Souvlaki<br>Rice<br>Greek Salad<br>Tzatziki Sauce<br>~<br>Banana Cream Pie         | Beef Pot Pie<br>Mashed Potatoes<br>Carrots<br>~<br>Macaroni & Cheese<br>Stewed Tomatoes<br>~<br>Chocolate Cake                 | Lemon Pepper Cod<br>Sweet Potato<br>Fries<br>Coleslaw<br>~<br>Meatloaf<br>Mashed Potatoes<br>Mixed Vegetables<br>~<br>Assorted Desserts | No Dinner                                                                                                                                     | Roast Turkey<br>Stuffing<br>Sweet Potato<br>Casserole<br>Mashed Potatoes<br>Buttered Carrots<br>~<br>Pumpkin Pie with Whipped Cream |

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|        | Mon. Oct 13                                                                                                                                       | Tues. Oct 14                                                                                                       | Wed. Oct 15                                                                                                                                                                            | Thurs. Oct 16                                                                                                        | Fri. Oct 17                                                                                                                                         | Sat. Oct 18                                                                                                                            | Sun. Oct 19                                                                                                                                     |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| LUNCH  | No Lunch                                                                                                                                          | Roasted Tomato and Pepper<br>~<br>Chicken Burger Fries<br>~<br>Sausage Rolls<br>Macaroni Salad<br>~<br>Mousse Cake | Split Pea with Ham<br>~<br>Spanakopita (Pastry filled with spinach, ricotta and feta cheese)<br>Greek Salad<br>~<br>Roast Beef Sandwich<br>Potato Salad<br>~<br>Oatmeal Raisin Cookies | French Onion<br>~<br>Mixed Berry Waffles<br>Cottage Cheese<br>~<br>Crab Cakes<br>Coleslaw<br>~<br>Tiramisu           | Cream of Mushroom<br>~<br>Ham & Cheese Sandwich<br>Broccoli Salad<br>~<br>French Toast<br>Peameal Bacon<br>~<br>Butterscotch Pudding                | Broccoli Cheddar<br>~<br>Deluxe Pizza<br>Garden Salad<br>~<br>Egg Salad on a Croissant<br>Pickled Beets<br>~<br>Coconut Raspberry Tart | No Lunch                                                                                                                                        |
| DINNER | Spaghetti with Meat Sauce<br>Garlic Bread<br>Caesar Salad<br>~<br>Battered Pollock<br>Roasted Potatoes<br>Sliced Beets<br>~<br>Lemon Meringue Pie | Swedish Meatballs<br>Egg Noodles<br>Green Beans<br>~<br>Spinach & Cheese Quiche<br>Garden Salad<br>~<br>Cheesecake | Battered Cod<br>Hashbrown<br>Patty<br>Coleslaw<br>~<br>Vegetable Lasagna<br>Broccoli<br>~<br>Butterscotch                                                                              | Ginger Beef<br>Rice<br>Stir Fry<br>Vegetable<br>~<br>Chicken Pot Pie<br>Mashed Potatoes<br>Carrots<br>~<br>Berry Bar | Honey Mustard Pork Chop,<br>Mashed Potatoes,<br>Green Peas<br>~<br>Mediterranean Haddock<br>Mashed Potatoes<br>Green Peas<br>~<br>Banana Split Cake | No Dinner                                                                                                                              | Glazed Ham<br>Scalloped Potatoes<br>Broccoli<br>~<br>Tuna Salad<br>Plate<br>Coleslaw<br>Tomato Wedges<br>Dinner Roll<br>~<br>Tuxedo Mousse Cake |

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# THE Heritage Place MENU

|        | Mon. Oct 20                                                                                                                           | Tues. Oct 21                                                                                                 | Wed. Oct 22                                                                                                                                            | Thurs. Oct 23                                                                                                                                      | Fri. Oct 24                                                                                                                         | Sat. Oct 25                                                                                                                      | Sun. Oct 26                                                                                                                            |
|--------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| LUNCH  | No Lunch                                                                                                                              | Potato Leek<br>~<br>Tuna Melt<br>Garden Salad<br>~<br>Roast Beef Sandwich<br>Pickle Spears<br>~<br>Ice Cream | Turkey Rice Soup<br>~<br>Chicken Nuggets<br>Plum Sauce<br>Fries<br>~<br>Bruschetta (Garlic Bread with cheese topped with diced tomato)<br>Garden Salad | Mushroom Dijon<br>~<br>Chicken Salad Sandwich<br>Macaroni Salad<br>~<br>Cheese Dream (Melted Cheese, Green Onion, Bacon Bits)<br>Garden Salad<br>~ | Italian Lentil<br>~<br>Cheese Tortellini Broccoli<br>~<br>Cream Cheese Bagel<br>Tomato Slices<br>~<br>Mango                         | Chicken Noodle<br>~<br>Fried Egg Sandwich<br>Breakfast Sausage<br>~<br>Salmon Sandwich<br>Coleslaw<br>~<br>Chocolate Chip Cookie | No Lunch                                                                                                                               |
| DINNER | Deli Cold Plate (Hardboiled Egg, Potato Salad, Dinner Roll)<br>~<br>Lasagna<br>Caesar Salad<br>Garlic Bread<br>~<br>Black Forest Cake | Glazed Haddock<br>Roasted Potatoes<br>Carrots<br>~<br>Beef Chili<br>Corn Bread<br>~<br>Orange Citrus Cake    | Sweet & Sour Pork<br>Rice<br>Stir-Fry Vegetables<br>~<br>Turkey Schnitzel<br>Mashed Potatoes<br>Green Peas<br>~<br>Cherries in the Snow                | Ham & Potato Casserole<br>Broccoli<br>~<br>Salisbury Steak<br>Mashed Potatoes<br>Carrots<br>~<br>Carrot Cake                                       | Santa Fe Chicken<br>Scalloped Potatoes<br>Corn<br>~<br>Maple Baked Salmon<br>Mashed Potatoes<br>Wax Beans<br>~<br>Coconut Cream Pie | No Dinner                                                                                                                        | Roast Beef<br>Yorkshire Pudding<br>Mashed Potatoes<br>Green Beans<br>~<br>BLT Salad Plate<br>Dinner Roll<br>~<br>Apple Pie with Cheese |

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# THE Heritage Place MENU

|        | Mon. Oct 27                                                                                                                                 | Tues. Oct 28                                                                                                                                         | Wed. Oct 29                                                                                                                                   | Thurs. Oct 30                                                                                                                                             | Fri. Oct 31                                                                                                                                         | Sat. Nov 1                                                                                                                           | Sun. Nov 2                                                                                                                                  |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| LUNCH  | No Lunch                                                                                                                                    | Beef Vegetable<br>~<br>Pepperoni Pizza<br>Garden Salad<br>~<br>Tuna Sandwich<br>Coleslaw<br>~<br>Peaches                                             | Boston Bean Soup<br>~<br>Salami & Cheese Sandwich<br>Macaroni Salad<br>~<br>Turkey Burger<br>Sweet Potato Fries<br>~<br>Vanilla Pudding       | Cream of Carrot Soup<br>~<br>Chicken Wings<br>Veggies and Dip<br>~<br>Assorted Sub<br>Potato Salad<br>~<br>Peanut Butter Cookie                           | Tomato Soup<br>~<br>Grill Cheese<br>Garden Salad<br>~<br>Parmesan Leek<br>Pastry Broccoli<br>~<br>Tiger Tail Bar                                    | Cream of Chicken<br>~<br>Scrambled Egg<br>Breakfast Sausage<br>Toast<br>~<br>Turkey and Cheese on a Bun<br>Coleslaw<br>~<br>Ambrosia | No Lunch                                                                                                                                    |
| DINNER | Fried Chicken<br>Mashed Potatoes<br>Corn<br>~<br>Philly Cheese Steak Bowl<br>(Shaved Beef, Rice, Onions, Peppers, Mushrooms)<br>~<br>Trifle | Tourtiere Pie<br>Mashed Potatoes<br>Squash<br>~<br>Chicken Balls<br>Sweet & Sour Sauce<br>Lo Mein<br>Noodles<br>Broccoli<br>~<br>Lemon Streusel Cake | Cod & Roasted Cherry Tomatoes,<br>Boiled Potatoes<br>~<br>Liver & Onions, Bacon,<br>Mashed Potatoes<br>Mixed Vegetables<br>~<br>Apple Blossom | Tuscan Lasagna<br>(Cream sauce, spinach, artichoke)<br>Garden Salad<br>~<br>Turkey Pot Pie<br>Mashed Potato<br>Mashed Turnip<br>~<br>Maple Chocolate Cake | Hot Hamburger<br>Mashed Potatoes<br>Mixed Vegetables<br>~<br>Salmon Loin<br>Dill Sauce<br>Mashed Potatoes<br>Green Peas<br>~<br>Halloween Poke Cake | No Dinner                                                                                                                            | Montreal Spiced Pork Loin<br>Baked Potato<br>Sour Cream<br>Sliced Carrots<br>~<br>Chicken Caesar Salad<br>Dinner Roll<br>~<br>Blueberry Pie |

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