

JULY

THE

Heritage Place

MENU

Mon. July 6

Tue. July 7

Wed. July 8

Thurs. July 9

Fri. July 10

Sat. July 11

Sun. July 12

LUNCH

NO LUNCH TODAY



Tomato Feta Soup
~~
Beef Burger on a Bun
Potato Chips
~~
Hot Dog
Garden Salad
~~
Yogurt Berry Parfait

Cream of Chicken Soup
~~
Deluxe Pizza
Garden Salad
~~
Ham and Swiss on a Bun
Potato Salad
~~
Bundt Cakes with Whipped Cream

Beef Barley Soup
~~
Chicken and Black Bean Quesadillas with Mild Salsa
Mexican Corn (Corn with Red Peppers)
~~
Banana Pancakes
Peameal Bacon
~~
Nanaimo Bar

Chicken and Orzo Soup
~
Greek Salad with Chicken
Garlic Stick
~
Cherry Tomato Bruschetta with Balsamic Glaze
Garden Salad
~
Chocolate Chip Cookies

Broccoli Cheese Soup
~~
Mac and Cheese Balls
Waldorf Salad
~~
Chicken Salad on a Croissant
Quinoa Salad
~~
Moon Mist Ice Cream

NO LUNCH TODAY



DINNER

Spaghetti and Meatballs
Garlic Toast
Caesar Salad
~~
Baked Haddock Loin with Lemon Butter Sauce
Rice
Asparagus
~~
Strawberry Shortcake

Cottage Roll
Sweet Potato Mash
Cauliflower with Cheese Sauce
~~
Meatloaf
Mashed Potatoes
Green and Yellow Beans
~~
Lemon Tart

Chicken Parmesan
Buttered Egg Noodles
Broccoli
~~
Sautéed Shrimp with Sundried Tomato Cream
Rice Pilaf
Buttered Carrots
~~
Cinnamon Rolls

Vegetable Lasagna
Italian Vegetable Medley
Garlic Stick
~~
Chicken Kiev
Chive Mashed Potato
Zucchini
~~
Assorted Desserts

Apple and Onion
Pork Tenderloin
Sweet Potato Mash
Vegetable Medley
~~
Potato Crusted Cod
Herb Potato Wedges
Cream Corn
~~
Caramel Crunch Bar

NO DINNER TODAY



Roast Turkey
Stuffing and Cranberry Sauce
Mashed Potatoes
Squash
~~
Cottage Cheese Fruit Plate
Caramel Muffin
~~
Pumpkin Pie with Whipped Cream

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

JULY

THE

Heritage Place

MENU

Mon. July 13

Tue. July 14

Wed. July 15

Thurs. July 16

Fri. July 17

Sat. July 18

Sun. July 19

LUNCH

NO LUNCH TODAY



Cream of Mushroom
~
Pork Ribette on a
Bun with
Caramelized Onions
Fries
~
Tortellini Alfredo
Wedge Salad
~
Banana Bread

Tomato Dill Soup
~
Spanakopita
(Pastry filled with
Spinach, Ricotta and
Feta Cheese)
Greek Salad
~
Sloppy Joe
Tomato Dill Salad
~
Oatmeal Raisin
Cookie

French Onion Soup
~
Chicken Caesar
Salad
Garlic Stick
~
Pulled Pork Sliders
Garden Salad
~
Filipino Fruit Salad

Lobster Bisque
~
Vegetable and
Chicken
Gyozas(Dumplings)
Stir Fry Vegetables
~
Monte Cristo
Creamy Cucumber
Dill Salad
~
Butterscotch Pudding

Cauliflower Cheddar
Soup
~~
Veal Parmesan on a
Bun
Carrot and Celery
Sticks with Dip
~~
Scrambled Egg
Toast
Bacon
~~
Assorted Cookies

NO LUNCH TODAY



DINNER

Chicken Souvlaki
Rice
Greek Salad
Pita
~
Beef and Orzo Pasta
Casserole
Baked Tomato
Garlic Bread
~
Cheesecake with
Cherry Topping

Applewood Glazed
Salmon
Rice Pilaf
Asparagus
~
Chicken Breast with
Mornay
Sauce(Parmesan
Cream Sauce)
O'Brien Potatoes
Parsnips
~
Tiramisu Parfait

Honey Garlic Pork
Drummies
Roasted Potatoes
Candied Carrots
~
Salisbury Steak with
Mushroom Gravy
Garlic Mashed
Potato
Snap Peas
~
Raspberry Coconut
Tart

Chicken Schnitzel
with Fresh Parsley
and Lemon Wedge
German Roasted
Potatoes (with Bacon
and Onion)
Roasted Beets
~
General Tso's
Meatballs
Fried Rice
Broccoli
~
Assorted Desserts

Battered Cod
French Fries
Creamed Corn
~
Mild Butter Chicken
Basamati Rice
Green Peas
Naan
~
Cinnamon Roll Bar

NO DINNER TODAY



Rotisserie Style
Chicken with Chalet
Sauce
Scalloped Potatoes
Roasted Carrot and
Parsnips
~
Sockeye Salmon
Salad Plate
Cherry Tomato and
Feta Salad
Sliced Baguette
~
Lemon Shortcake

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

JULY

THE

Heritage Place

MENU

Mon. July 20

Tue. July 21

Wed. July 22

Thurs. July 23

Fri. July 24

Sat. July 25

Sun. July 26

LUNCH

NO LUNCH TODAY



Potato Leek Soup
~
Cobb Salad(Chicken,
Bacon, Tomato,
Feta, Cucumber
Dinner Roll
~
Banquet Burger
Spring Mix Salad
~
Pistachio Ice Cream

New England Clam
Chowder
~
Chicken Fingers
Plum Sauce
French Fries
~
Philly Cheesesteak
on a Bun
6 Bean Salad
~
Lemon Poppyseed
Loaf

Cream of Carrot
Soup
~
Tuna Melt on Garlic
Toast
Coleslaw
~
Fruit Plate
Raspberry Yogurt
Muffin
Cottage Cheese
~
Buttertart Bar

Split Pea and Ham
Soup
~
Rueben
Sandwich(Corned
Beef, Sauerkraut,
Swiss Cheese)
Garden Salad
~
Ham Salad on a
Croissant
Cucumber Dill Salad
~
Mango

Chicken Noodle
Soup
~
Pulled Pork Pizza
with Roasted Garlic
Aioli
Broccoli Salad
~
Chili Dog
French Fries
~
Assorted Cookie

NO LUNCH TODAY



DINNER

Meat Lasagna
Caesar Salad
Garlic Bread
~
Deli Cold Plate
(Hardboiled Egg,
Potato Salad, Dinner
Roll)
~
Carrot Cake

Breaded Pork Chop
with Onion Gravy
Herbed Potato
Wedges
Roasted Squash
~
BBQ Chicken
Drumsticks
Sweet Potato Mash
Roasted Beets
~
Chocolate Mint Pie

Turkey a la King
Scalloped Potatoes
Zucchini
~
Liver and Onions
with Bacon
Mashed Potatoes
Carrots
~
Strawberry Parfait

Lemon Greek
Chicken Breast
Rice
Grilled Vegetables
~
Pepper Steak(Sliced
beef with sauteed
peppers, soy and
ginger sauce)
Rice
Asian Vegetables
~
Assorted Desserts

Pollock with Dill
Sauce
Parsley New
Potatoes
Creamed Corn
~
Chicken Provencal
(Chicken Thighs with
Fresh Herbs, Dijon,
Olives, White Wine,
Capers)
Roasted Potatoes
Vegetable Medley
~
Cherry Tart

NO DINNER TODAY



Roast Beef with
Yorkshire Pudding
and Horseradish
Mashed Potatoes
Green Beans
~
Spinach and
Strawberry Salad
with Chicken
Dinner Roll
~
Apple Pie with
Cheese

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

JULY

THE

Heritage Place

MENU

Mon. July 27

Tue. July 28

Wed. July 29

Thurs. July 30

Fri. July 31

Sat. Aug. 1

Sun. Aug. 2

LUNCH

NO LUNCH TODAY



Beef Vegetable Soup
~
Pepperoni Pizza
Garden Salad
~
Tomato Bacon
Grilled Cheese
Kale Salad
~
Date Square

Tomato Bisque
~
Crab Cakes
Macaroni Salad
~
Spring Mix Berry
Salad with Chicken
Dinner Roll
~
Mocha Pudding

Wonton Soup
~
Meatball Sub
Coleslaw
~
Chicken Spring Rolls
Vegetable Stir Fry
~
Blueberry Loaf

Chicken and Orzo
Soup
~
Pierogies with
Sauteed Bacon and
Onions
Sour Cream
Green Peas
~
Cherry Tomato
Bruschetta with
Balsamic Glaze
Garden Salad
~
Assorted Cookies

Carrot and Parsnip
Soup
~
Salami and
Mozzarella Sandwich
on Focaccia Bun
Tomato Feta Salad
~
Waffles with Mixed
Berry Compote
Cottage Cheese
~
Raspberry Turnover

NO LUNCH TODAY



DINNER

Fried Chicken
Mashed Potatoes
Corn
~
White Wine Baked
Salmon with Lemon
Wedge
Rice Pilaf
Roasted Cauliflower
~
Trifle

Seafood
Newburg(Seafood
Stew in Puff Pastry)
Asparagus
~
Penne with Meat
Sauce
Caesar Salad
Garlic Toast
~
Rocky Road Cake

Chili
Garden Salad
Cheddar Biscuit
~
Mushroom Cream
Chicken Thighs
Mashed Potato
Dill Carrots
~
Berry Burst bar

Stuffed Peppers
Italian Vegetable
Medley
Garlic Stick
~
Pork Chops with
Robert Sauce(Dijon
Mustard Jus)
Garlic Rice
Roasted Brussel
Sprouts
~
Assorted Desserts

Beef Curry
Basmati Rice
Green and Yellow
Beans
Garlic Naan
~
Coconut Crusted
Tilapia
Potato Wedges
Vegetable Medley
~
White Chocolate
Raspberry
Cheesecake

NO DINNER TODAY



Pork Ribs
Baked Potato
Vegetable Medley
~
Deviled Egg Salad
Plate
Deli Meat
Cucumber Salad
Dinner Roll
~
Peach Cobbler

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