

SEPTEMBER

THE

Heritage Place

MENU

	Mon. Sept 7	Tue. Sept 8	Wed. Sept 9	Thurs. Sept 10	Fri. Sept 11	Sat. Sept 12	Sun. Sept 13
LUNCH	NO LUNCH TODAY 	Baked Potato Soup ~~ Tuna Salad Sandwich Coleslaw with Julienne Cucumber ~~ Pierogies with Sautéed Onions and Bacon Green Peas ~~ Raspberry Filled Donuts	Roasted Red Pepper Soup ~~ Caramelized Onion and Swiss Grilled Cheese Cucumber Salad ~~ Beef Macaroni Garlic Toast ~~ Vanilla and Chocolate Pudding Parfait	Coconut Curry Chicken Soup ~~ Breaded Honey Garlic Chicken Wings Carrot and Celery Sticks ~~ Ham and Cheese Quiche Garden Salad ~~ Tiramisu	Ham Chowder ~ Roast Beef Sandwich on Baguette Arugula Salad ~ Cod Nuggets with Lemon Aioli French Fries ~ Custard Tart	Cream of Asparagus ~~ Scrambled Eggs Toast Bacon ~~ Crab Salad on a Croissant Quinoa Salad ~~ Cookies and Cream Ice Cream	NO LUNCH TODAY 
DINNER	Spaghetti and Meat Sauce Garlic Toast Caesar Salad ~~ Baked Salmon with Lemon Butter Sauce Rice Asparagus ~~ Pineapple Upside Down Cake	Honey Garlic Pork Drummies Rice Pilaf Vegetable Medley ~~ BBQ Chicken Drumsticks Baked Potato with Sour Cream Green Beans ~~ Apple Blossoms	Heritage Resident Barbeque	Vegetable Lasagna Italian Vegetable Medley Garlic Stick ~~ Swedish Meatballs Buttered Egg Noodles Roasted Vegetable Medley ~~ Assorted Desserts	Chicken Chasseur Roasted Potatoes Vegetable Medley ~~ Sole Almondine (Almond and breadcrumb crusted Sole Topped with Lemon Juice and Toasted Almonds) Garlic Rice Corn Cob ~~ Black Forest Cake	NO DINNER TODAY 	Roasted Pork Loin with Dijon Mustard Sauce Parisienne Potatoes (Fried Yukon Potatoes) Roasted Carrot Coins ~~ Chicken Salad Plate Asparagus Salad Croissant Dill Pickle ~~ Lemon Meringue Pie

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

SEPTEMBER

THE

Heritage Place

MENU

Mon. Sept 14

Tue. Sept 15

Wed. Sept 16

Thurs. Sept 17

Fri. Sept 18

Sat. Sept 19

Sun. Sept 20

LUNCH

NO LUNCH TODAY



Cream of Mushroom
~
Wieners and Beans
Garden Salad
~
Chicken Caesar
Wrap
Sweet Potato Fries
~
Orange Jello with
Whipped Cream

Minestrone
~
Crunch Salad (Green
Salad with Red
Onion, Parmesan,
Candied Pecans,
Topped with Sweet
and Sour Shrimp)
Dinner Roll
~
Sloppy Joe
Dill Pickle
Tomato Dill Salad
~
Custard Flake Bar

French Onion Soup
~
Beef Cannelloni with
Sauteed Spinach
Garden Salad
~
Egg Salad Sandwich
Kale Salad
~
Filipino Fruit Salad

Lobster Bisque
~
Spanakopita
(Pastry filled with
Spinach, Ricotta and
Feta Cheese)
Greek Salad
~
Monte Cristo
Creamy Cucumber
Dill Salad
~
Butterscotch Pudding

Cauliflower Cheddar
Soup
~~
Sausage Rolls
Herbed Potato
Wedges
~~
Eggs Benedict
~~
Assorted Cookies

NO LUNCH TODAY



DINNER

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

Applewood Glazed
Salmon
Rice Pilaf
Asparagus
~
BBQ Pork Chops
with Grilled
Pineapple
Roasted Potatoes
Buttered Carrots
~
Tiramisu Parfait

Baked Chicken with
Chalet Sauce
Garlic Mashed
Potato
Turnip
~
Salisbury Steak with
Mushroom Gravy
Garlic Mashed
Potato
Snap Peas
~
Raspberry Coconut
Tart

Veal Parmesan
Buttered Egg
Noodles
Green and Yellow
Zucchini
~
Sweet and Sour Pork
Fried Rice
Asian Vegetable
Medley
~
Assorted Desserts

Battered Haddock
French Fries
Creamed Corn
~
Beef Bourguignon
Grilled Baguette
~
Angel Food Cake
topped with Whipped
Cream and
Raspberries

NO DINNER TODAY



Roasted Turkey with
Gravy and Cranberry
Sauce
Stuffing
Squash
Mashed Potato
~
Sockeye Salmon
Salad Plate
Cherry Tomato and
Feta Salad
Sliced Baguette
~
Strawberry Rhubarb
Pie

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

SEPTEMBER

THE

Heritage Place

MENU

Mon. Sept 21

Tue. Sept 22

Wed. Sept 23

Thurs. Sept 24

Fri. Sept 25

Sat. Sept 26

Sun. Sept 27

LUNCH

NO LUNCH TODAY



Potato Leek Soup
~
Cobb Salad(Chicken,
Bacon, Tomato,
Feta, Cucumber
Dinner Roll
~
Tourtire
Carrots
~
Pistachio Ice Cream

New England Clam
Chowder
~
Chicken Fingers
Plum Sauce
French Fries
~
Asparagus and
Swiss Tart
Cherry Tomato Feta
Salad
~
Cherry Jello with
Whipped Cream

Cream of Carrot
Soup
~
Tuna Melt on Garlic
Toast
Red Cabbage Salad
~
Beef Dip Sandwich
Apple and Pecan
Green Salad
~
Carrot Cake

Split Pea and Ham
Soup
~
Rueben
Sandwich(Corned
Beef, Sauerkraut,
Swiss Cheese)
Garden Salad
~
Crab Cakes with
Lemon Aioli
Macaroni Salad
~
Fresh Fruit Salad

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
~
Grilled Rosemary
Garlic Chicken
Breast
Wild Rice Pilaf
California Vegetable
Medley
~
Red Velvet Cake

Shrimp Chow Mein
Asian Vegetables
~
Red Wine Braised
Leg of Lamb with
Pan Sauce
Chive Mashed
Potato
Green and Yellow
Beans
~
Sticky Toffee
Pudding

Cornflake Chicken
Rice Pilaf
Snap Peas
~
Liver and Onions
with Bacon
Mashed Potatoes
Carrots
~
Strawberry Parfait

Cabbage Rolls
Broccoli
Dinner Roll
~
Buttermilk Breaded
Turkey Breast with
Gravy
Mashed Potato
Potatoes
Vegetable Medley
~
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.

SEPTEMBER

THE

Heritage Place

MENU

Mon. Sept 28

Tue. Sept 29

Wed. Sept 30

Thurs. Oct 1

Fri. Oct 2

Sat. Oct 3

Sun. Oct 4

LUNCH

NO LUNCH TODAY



Beef Vegetable Soup
~
Tomato, Bacon and Spinach Quiche
Garden Salad
~
Cucumber and Cream Cheese Sandwich
Potato Salad
~
Date Square

Tomato Bisque
~
Crab Salad Sandwich
Carrot Raisin Salad
~
Spring Mix Berry Salad with Chicken
Dinner Roll
~
Mocha Pudding

Wonton Soup
~
Meatball Sub
6 Bean Salad
~
Chicken Spring Rolls
Vegetable Stir Fry
~
Blueberry Loaf

Chicken and Orzo Soup
~
Turkey and Provolone Sandwich on Rye
Rotini Pasta Salad
~
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
~
Beef Curry
Rice
Green Peas
Garlic Naan
~
Trifle

Seafood Newburg(Seafood Stew in Puff Pastry)
Roasted Beets
~
Penne with Meat Sauce
Caesar Salad
Garlic Toast
~
German Chocolate Cake

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

Stuffed Peppers
Italian Vegetable Medley
Garlic Stick
~
Braised Spanish Pork Chop (Pork Chop Braised with Tomato, Paprika, and Herbs)
Garlic Rice
Roasted Brussel Sprouts
~
Assorted Desserts

Meatloaf with Gravy
Mashed Potatoes
4-Way Vegetable Medley
~
Baked Salmon with Bearnaise Sauce
Rice Pilaf
Asparagus
~
White Chocolate Raspberry Cheesecake

NO DINNER TODAY



Glazed Bone-In Ham
Scalloped Potatoes
Green Beans
~
Egg Salad Plate
Cucumber Salad
Potato Salad
Dinner Roll
~
Pecan Pie

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