OCTOBER

THE Heritage Place MENU

	Mon. Oct 5	Tue. Oct 6	Wed. Oct 7	Thurs. Oct 8	Fri. Oct 9	Sat. Oct 10	Sun. Oct 11
LUNCH	**NO LUNCH TODAY** 	*Leek and Potato Soup* ~~ *Tuna Salad Sandwich* *Coleslaw with Julienne Cucumber* ~~ *Pierogies with Sauteed Onions and Bacon* *Green Peas* ~~ *Raspberry Filled Donuts*	*Roasted Red Pepper Soup* ~~ *Breaded Honey Garlic Chicken Wings* *Carrot and Celery Sticks* ~~ *Macaroni and Cheese* *Garlic Toast* ~~ *Vanilla and Chocolate Pudding Parfait*	*Coconut Curry Chicken Soup* ~~ *Waffles with Mixed Berry Compote* *Peameal Bacon* ~~ *Ham and Cheese Quiche* *Garden Salad* ~~ *Tiramisu*	*Ham Chowder* ~ *Turkey 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	*Sausage Penne in Rose Sauce* *Garlic Toast* *Caesar Salad* ~~ *Tuscan Chicken (Cream Sauce with Sauteed Cherry Tomatoes and Spinach)* *Linguine* *Broccoli and Cauliflower* ~~ *Pineapple Upside Down Cake*	*Hungarian Pork Goulash* *Rice Pilaf* *Vegetable Medley* ~~ *BBQ Chicken Drumsticks* *Baked Potato with Sour Cream* *Green Beans* ~~ *Apple Blossoms*	*Teriyaki Beef and Vegetable Stir Fry* *Fried Rice* *Spring Roll* ~~ *Baked Salmon with Lemon Butter Sauce* *Herbed Potato Wedges* *Asparagus* ~~ *Raspberry Coconut Macaroons*	*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** 	*Honey Dijon Pork Loin with Gravy* *Parisienne Potatoes (Fried Yukon Potatoes)* *Roasted Carrot Coins* ~~ *Chicken Salad Plate* *Asparagus Salad* *Dinner Roll* *Dill Pickle* ~~ *Lemon Meringue Pie*

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OCTOBER

THE Heritage Place MENU

	Mon. Oct 12	Tue. Oct 13	Wed. Oct 14	Thurs. Oct 15	Fri. Oct 16	Sat. Oct 17	Sun. Oct 18
LUNCH	**NO LUNCH TODAY** 	*Cream of Mushroom* ~ *Wieners and Beans* *Garden Salad* ~ *Chicken Caesar Wrap* *Sweet Potato Fries* ~ *Orange Jello with Whipped Cream*	*Tomato Tortellini Soup* ~ *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	*Roasted Turkey with Gravy and Cranberry Sauce* *Apple Sage Stuffing* *Garlic Mashed Potato* *Roasted Butternut Squash* ~ *Deli Salad Plate* *Deviled Egg* *Potato Salad* *Herbed Biscuit* ~ *Pecan Pie*	*Applewood Glazed Salmon* *Rice Pilaf* *Asparagus* ~ *BBQ Pork Chops with Grilled Pineapple* *Roasted Potatoes* *Buttered Carrots* ~ *Tiramisu Parfait*	*Chicken Breast with Mornay Sauce (Parmesan Cream Sauce)* *Garlic Mashed Potato* *Turnip* ~ *Salisbury Steak with Mushroom Gravy* *Garlic Mashed Potato* *Snap Peas* ~ *Raspberry Coconut Tart*	*Breaded Veal Cutlet with Mushroom Gravy* *Egg Noodles* *Green and Yellow Zucchini* ~ *Cheese Ravioli in Rose Sauce* *Caesar Salad* *Garlic Stick* ~ *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* *Stuffing* *Mashed Potato* *Squash* ~ *Apple and Candied Pecan Green Salad with Chicken* *Dinner Roll* ~ *Strawberry Rhubarb Crisp*

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OCTOBER

THE Heritage Place MENU

	Mon. Oct 19	Tue. Oct 20	Wed. Oct 21	Thurs. Oct 22	Fri. Oct 23	Sat. Oct 24	Sun. Oct 25
LUNCH	**NO LUNCH TODAY** 	*Potato Leek Soup* ~ *Cobb Salad(Chicken, Bacon, Tomato, Feta, Cucumber* *Dinner Roll* ~ *Tourtiere* *Carrots* ~ *Pistachio Ice Cream*	*New England Clam Chowder* ~ *Chicken Fingers* *Plum Sauce* *French Fries* ~ *Spinach and Bacon 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*	*Buttermilk Turkey Breast with Gravy and Cranberry Sauce* *Mashed Potato* *Zucchini* ~ *Liver and Onions with Bacon* *Mashed Potatoes* *Carrots* ~ *Strawberry Parfait*	*Cabbage Rolls* *Broccoli* *Dinner Roll* ~ *Sweet and Sour Pork Rice* *Asian Vegetable Medley* ~ *Assorted Desserts*	*Herb and Roasted Garlic Tilapia* *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* ~ *Egg Salad Plate* *Cucumber Salad* *Potato Salad* *Dinner Roll* ~ *Pumpkin Cheesecake*

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OCTOBER

THE Heritage Place MENU

	Mon. Oct 26	Tue. Oct 27	Wed. Oct 28	Thurs. Oct 29	Fri. Oct 30	Sat. Oct 31	Sun. Nov 1
LUNCH	**NO LUNCH TODAY** 	*Beef Vegetable Soup* ~ *Caramelized Onion and Swiss Burger* *French Fries* ~ *Cucumber and Cream Cheese Sandwich* *Potato Salad* ~ *Date Square*	*Tomato Bisque* ~ *Ham Salad on a Croissant* *Carrot Raisin Salad* ~ *Spring Mix Berry Salad with Chicken* *Dinner Roll* ~ *Mocha Pudding*	*Wonton Soup* ~ *Philly Cheesesteak* *6 Bean Salad* ~ *Chicken Spring Rolls* *Vegetable Stir Fry* ~ *Blueberry Loaf*	*Chicken and Orzo Soup* ~ *Turkey and Cranberry on Multigrain Bread* *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* ~ *Butter Chicken* *Rice* *Green Peas* *Garlic Naan* ~ *Trifle*	*Seafood Newburg (Seafood Stew in Puff Pastry)* *Roasted Beets* ~ *Rigatoni with Meat Sauce* *Caesar Salad* *Garlic Toast* ~ *German Chocolate Cake*	*Chili* *Garden Salad* *Cheddar Biscuit* ~ *Braised Spanish Pork Chop* *Rice Pilaf* *Broccoli* ~ *Berry Burst bar*	*Stuffed Peppers* *Italian Vegetable Medley* *Garlic Stick* ~ *Brie and Apple Stuffed Chicken Breast* *Scalloped Potatoes* *Zucchini* ~ *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* ~ *Peach and Walnut Green Salad* *with Chicken* *Potato Scallion* *Dinner Roll* ~ *Pumpkin Pie*

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