



# Weekly Menu

## Heatherwood Retirement Community



B R K	Daily Special:  Biscuits with Sausage Gravy  Please ask server for regular daily options available	Daily Special:  Your Choice Omelet  Please ask server for regular daily options available	Daily Special:  Cooks Choice Pancakes  Please ask server for regular daily options available	Daily Special:  Cooks Choice Breakfast Sandwich  Please ask server for regular daily options available	Daily Special:  Cooks Choice Breakfast Casserole  Please ask server for regular daily options available	Daily Special:  "Home Fry-Day!" Home-Fry Inspired Hash  Please ask server for regular daily options available	Daily Special:  Texas French Toast  Please ask server for regular daily options available
	Basic Ham and Bean Soup  Chicken Fried Steak and Gravy <i>or</i> Homestyle Turkey and Gravy Fresh Mashed Potatoes Green Bean Casserole Baked Roll Assorted Cookies	Chicken Noodle Soup  Pollock Montreal <i>or</i> Chicken Parmesan Penne Pasta Salad Capri Blend Fresh Lemon Bars	Soup Du Jour  General Tso's Chicken <i>or</i> Ginger Beef Fried Rice Oriental Blend White Poke Cake	Garden Vegetable Soup  Italian Lasagna <i>or</i> BBQ Pork Ribs Herb Roasted Red Potatoes Sautéed Spinach Garlic Bread Rice Pudding	Butternut Squash Soup  Kielbasa with Peppers <i>or</i> Beef Stuffed Cabbage Potato Salad Sautéed Mushrooms Homemade Carrot Cake	New England Clam Chowder  Lemon Trout <i>or</i> Bourbon Chicken Rice Pilaf Harvard Beets Sweet Potato Pie	Broccoli Cheese Soup  Mushroom Swiss Burger <i>or</i> Corn Dog Onion Rings Broccoli Salad Butterscotch Brownies
L U N C H	Basic Ham and Bean Soup  Grilled Ham and Swiss Sandwich <i>or</i> Beef Stroganoff Chef's Sautéed Vegetable Chips Assorted Desserts	Chicken Noodle Soup  Comforting Beef Stew <i>or</i> Popcorn Chicken Coleslaw Buttermilk Biscuits Assorted Desserts	Soup Du Jour  Mini Beef Sliders <i>or</i> Bean and Cheese Burrito Mexican Corn French Fries Assorted Desserts	Garden Vegetable Soup  Seafood Salad <i>or</i> Grilled Finger Steaks Tater Tots Assorted Desserts	Butternut Squash Soup  Cashew Chicken <i>or</i> Hamburger Curry over Rice Chef's Sautéed Vegetable Jasmine Rice Assorted Desserts	New England Clam Chowder  Clubhouse Wrap <i>or</i> Open Faced Meatloaf Sandwich Chef's Steamed Vegetable Chips Assorted Desserts	Broccoli Cheese Soup  Vegetable Quiche <i>or</i> Beef Chili Mac Fresh Fruit Salad
	S U P P E R	Milk offered at every meal					