



Highland Estates Retirement & Assisted Living

29	30	31	Jan 1	2	3	4
			Potato Soup Turkey Cutlet with Garlic Tomato Sauce AuGratin Potatoes Buttery Carrots Baked Roll Cranberry Apple Dessert	Red Bean Chili Baked Ham Baked Yams Green Beans with Bacon Beverage Choice Soft Snickerdoodle	Classic Chicken Noodle Soup Sweet Sour Meatballs Rice Broccoli Spring Egg Roll Lemon Cake	Homestyle Vegetable Soup Chicken Alfredo Pasta Honey Glazed Pea Pods with Carrots Garlic Bread Fruit Cup
5	6	7	8	9	10	11
Tomato Soup Seasoned Pot Roast Mashed Potatoes and Gravy Seasoned Cauliflower Fresh Banana Cream Pie	Corn Chowder Seasoned Meatloaf Roasted Yams Capri Blend Baked Roll Ice Cream	Ham and Northern Bean Soup Crispy Ranch Chicken Leg Mashed Red Potatoes Herbed Corn Fruited Jello Salad	Baked Potato Soup Ham Patty with Sweet Mustard Sauce Corn Custard Green Beans Rice Crispy Chip Treat	Red Bean Chili Beef Patty with Mushroom Gravy Mashed Potatoes and Gravy Baby Carrots Baked Roll Eclair Pudding Cake	Home Chicken Noodle Soup Salmon with Honey Thyme Sauce Rice Pilaf Coleslaw Milk Fruit Crisp	Baked Meatballs with Gravy Potato Salad Chef's Steamed Vegetable Rosy Applesauce
12	13	14	15	16	17	18
Tomato Soup Beef Pot Roast Mashed Potatoes and Gravy Mixed Vegetables Baked Roll Pumpkin Pie	Corn Chowder Teriyaki Chicken Rice Honey Glazed Pea Pods with Carrots Milk Apple Cobbler	Ham and Northern Bean Soup Bread Crumb Pork Chop Sweet Baked Yams Scandinavian Veg Baked Roll Beverage Choice Lemon Cake	Baked Potato Soup Comforting Beef Stew Cauliflower and Carrots Baked Roll Milk Maple Bar	Red Bean Chili Bacon Ranch Chicken Ranch Potato Wedges Green Beans Milk Cherry Parfait	Classic Chicken Noodle Soup Soft Taco Beans, Corn and Rice Chef's Steamed Vegetable Mandarin Oranges	Manhattan Clam Chowder Spaghetti and Meat Wine Sauce Garlic Zucchini Saute Garlic Bread Peanut Butter Krispie Treat
19	20	21	22	23	24	25
Tomato Soup Glazed Baked Ham Macaroni and Cheese Cauliflower Baked Roll Apple Pie	Corn Chowder Sour Cream Chicken Macaroni Salad Capri Blend Spice Raisin Cookies	Ham and Northern Bean Soup Meatballs with Marinara Sauce Garlic Pasta Parmesan Green Beans Garlic Bread Chocolate Oreo Poke Cake	Baked Potato Soup Roast Pork with Apples Lyonnais Potatoes Mixed Vegetables Baked Roll Dream Dessert	Hamburger Steak and Gravy Mashed Potatoes and Gravy Parsley Carrots Milk Butterscotch Bread Pudding	Classic Chicken Noodle Soup Breadcrumb Cod Fillet Lemon Rice Southern Coleslaw Fruit	New England Clam Chowder Turkey Roast Bread Stuffing Green Beans Baked Roll Fruited Jello Salad
26	27	28	29	30	31	Feb 1
Tomato Soup Swedish Meatballs Garlic Mashed Potatoes Roasted Carrots Lemon Meringue Pie	Corn Chowder Crispy Fried Chicken Baked Macaroni Cheese Lemon Buttered Broccoli Apple Crisp	Ham and Northern Bean Soup Pork Chops and Gravy Baked Yams Capri Blend Baked Roll Milk Spiced Pear Cake	Country Fried Steak with Gravy Mashed Potatoes and Gravy Sauteed Carrots Apricots	Chili Con Carne Pesto Chicken Lemon Pasta Green Beans Cheesy Garlic Biscuits Vanilla Fruit Pudding	Classic Chicken Noodle Soup Ham with Pineapple Sauce Cheesy Scalloped Potatoes Spinach Baked Roll Soft Fall Fruit Salad	