



Highland Estates Retirement & Assisted Living

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