



Highland Estates Retirement & Assisted Living

Mar 1	2	3	4	5	6	7
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 Smothered Pork Chops 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	New England Clam Chowder Glazed Meatloaf Mashed Potatoes and Gravy Seasoned Peas Chocolate Pumpkin Cake
8	9	10	11	12	13	14
Tomato Soup Italian Beef Pot Roast Seasoned Mushroom Rice California Normandy Blend Baked Roll Beverage Choice Fruit Cup	Corn Chowder Herb Seasoned Pork Baked Beans Parmesan Green Beans Beverage Choice Apple Pie	Ham and Northern Bean Soup Sour Cream Beef Patty Mashed Potatoes and Gravy Steamed Broccoli German Chocolate Brownie	Potato Soup Herb Roasted Turkey with Gravy Cranberry Sage Dressing Buttery Carrots Baked Roll Pumpkin Bar	Red Bean Chili Baked Ham Scalloped Potatoes Succotash 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 Beverage Choice Fruit Cup
15	16	17	18	19	20	21
Tomato Soup Seasoned Pot Roast Mashed Potatoes and Gravy Seasoned Cauliflower Beverage Choice 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 Potatoes and Gravy 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
22	23	24	25	26	27	28
Tomato Soup Beef Pot Roast Mashed Potatoes and Gravy Mixed Vegetables Baked Roll Beverage Choice Pumpkin Pie	Corn Chowder Teriyaki Chicken Rice Honey Glazed Pea Pods with Carrots Milk Apple Cobbler	Ham and Northern Bean Soup Herb Seasoned Pork 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 Southern Fried Chicken Favorite Baked Beans Succotash Milk Cherry Parfait	Classic Chicken Noodle Soup Soft Taco Beans, Corn and Rice Chef's Steamed Vegetable Mandarin Oranges	Manhattan Clam Chowder Lasagna Garlic Zucchini Saute Garlic Bread Beverage Choice Peanut Butter Krispie Treat
29	30	31	Apr 1	2	3	4
Tomato Soup Beef Pot Roast Mashed Potatoes and Gravy Cauliflower Baked Roll Apple Pie	Corn Chowder Chicken Taquitos Spanish Rice Country Trio Medley Spice Raisin Cookies	Ham and Northern Bean Soup Porcupine Meatballs Mashed Potatoes and Gravy Parmesan Green Beans Chocolate Oreo Poke Cake				