

BREAKFAST
7:30am – 9:30am

LUNCH
11:30am – 1:00pm

DINNER
5:00pm – 6:30pm

The Heritage at College View Dining

Week 4

Breakfast

Lunch

Dinner

MONDAY, January 17th

Pancakes – Fluffy golden-brown pancakes topped with blueberry sauce, butter, and syrup

Fruit: Mandarin Oranges

BBQ Pork Chop – Oven baked in a tangy BBQ sauce then served with cheddar potatoes

Vegetable: Buttered Spinach

Soup: Tomato Tortellini

Dessert: Peanut butter frosted chocolate cake

Popcorn Shrimp Basket – Breaded fried shrimp serve with tater tots and coleslaw

Vegetable: Buttered Spinach

Soup: Tomato Tortellini

Dessert: Butterscotch Pudding

TUESDAY, January 18th

Danish Pastry – Flakey and sweet Danish with assorted flavors

Dessert: Diced Pears

Smothered Chicken Breast – Chicken breast grilled and topped with Chopped onions, bacon, and Cheese served with roasted potatoes

Vegetable: Cream style corn

Soup: Taco Soup

Dessert: Pecan pie bars

Chili Dogs - traditional chili served over an all-beef hot dog topped with fresh onions, and cheese

Vegetable: Cream style corn

Soup: Taco Soup

Dessert: Rainbow Sherbet

WEDNESDAY, January 19th

Biscuits with Sausage gravy – Creamy pepper gravy with sausage spooned over a fresh baked biscuit

Fruit: Banana

Spaghetti and Meatballs – Italian flavored meatballs in a traditional marinara sauce on top of spaghetti noodles

Vegetable: Tossed Salad

Soup: Hearty Vegetable

Dessert: Samoa Sheet Cake

Chicken Tenders – Breaded white meat chicken served with your choice of sauce and macaroni and cheese

Vegetable: Tossed Salad

Soup: Hearty Vegetable

Dessert: Tapioca Pudding

Available Daily

Cottage Cheese - Fruited Jell-O - Yogurt with Granola - Lettuce Salad - Peanut Butter & Jelly

Sandwich - Grilled Cheese Sandwich – Potato Salad – Coleslaw

Breakfast

Lunch

Dinner

THURSDAY, January 20th

Caramel Pecan Roll – Warm cinnamon roll baked with pecans and drizzled with melted caramel
Fruit: Apricots

Philly Cheese Steak – Thinly sliced prime rib meat on a toasted hoagie bun topped with onions, peppers and provolone cheese served with French fries
Vegetables: Fried Cabbage
Soup: Beef and Noodles
Dessert: Pineapple upside down cake

Turkey Pot pie – Tender turkey, diced potatoes, peas and carrots covered in a savory sauce and baked in a flaky golden crust
Vegetable: Sliced Beets
Soup: Beef and Noodles
Dessert: Vanilla Pudding Parfait

FRIDAY, January 21st

Glazed Donut – A fresh yeast raised donut covered in a light and sweet glaze.
Fruit: Peaches

Salmon Provençale – Salmon pan roasted topped with basil, salt, pepper, and tomatoes served over garlic butter rice
Vegetable: Creamed Peas
Soup: Chili with Cheese
Dessert: Jell-O Poke Cake

Beef Stroganoff – Beef tips simmered in a sour cream mushroom gravy served over buttered noodles
Vegetable: Creamed Peas
Soup: Chili with Cheese
Dessert: Chocolate Chip Cookies

SATURDAY, January 22nd

French Toast – Sliced sour dough bread dipped in an egg, milk, vanilla, and cinnamon mixture then fried golden brown served with butter and syrup
Fruit: Tropical Fruit

Lasagna – Beef, cheese, marinara sauce and lasagna pasta layered in a delicious casserole served with garlic bread
Vegetable: Green Beans
Soup: Chicken Noodle Soup
Dessert: Cherry Cobbler

Breaded Cod Nuggets – Breaded cod fried and served with macaroni and cheese
Vegetable: Green Beans
Soup: Chicken Noodle Soup
Dessert: Ice Cream Bar

SUNDAY, January 23rd

Cinnamon Roll – Tender layer of baked bread swirled with cinnamon and frosted with cream cheese frosting
Fruit: Fruit Cocktail

Spiral Honey Ham – Spiral ham glazed with a honey sauce served with cheesy hashbrown casserole
Vegetable: Steamed Asparagus
Soup: Beef Barley
Dessert: Peach Pie alamode

BBQ Pulled Pork Sandwich – Seasoned boneless pork roast shredded and topped with BBQ sauce served with potato salad and pickle spear
Vegetable: Steamed Asparagus
Soup: Beef Barley
Dessert: Buttermilk Brownies

Thank you for dining with us!