Heritage Hill Senior Community Spring/Summer 2023

Week 1

Sunday June 11 - June 17	Monday July 9 - July 15	Tuesday Aug. 6 - Aug. 12	Wednesday Sept. 3 - Sept. 9	Thursday Oct. 1 - Oct. 7	Friday	Saturday
Breakfast						
Juice of Choice Choice of Cold or Hot Cereal Pancakes Margarine & Syrup Sausage Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Scrambled Egg Fried Potatoes Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Omelet Bagel w/ Cream Cheese Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal French Toast Strawberry Sauce Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Fried Egg Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Waffle W/ Syrup Bacon Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Western Omelet Toast Margarine & Jelly Milk Coffee or Hot Tea
Lunch						
Roast Beef Baked Sweet Potatoes Roasted Beets Dinner Roll Margarine Fruit Pie Milk Beverage of Choice	Ravioli Casserole Vegetable Blend Dinner Roll Oreo Cookie Pudding Milk Beverage of Choice	Honey Glazed Turkey Bread Stuffing Lima Beans Dinner Roll Margarine Lemon Merengue Pie Milk Beverage of Choice	Salisbury Steak Oven Potatoes Parsley Carrots Orange Poke Cake Milk Beverage of Choice	Italian Sausage Cabbage and Noodles Green Beans Dinner Roll Melon Cubes Milk Beverage of Choice	Beef BBq on Bun Macaroni Salad Cole Slaw Ice Cream Milk Beverage of Choice	Crispy Baked Chicken Buttered Noodles Mixed Vegetables Dinner Roll Margarine Chocolate Chip Cake Milk Beverage of Choice
Garlic Herb Pork Loin	Roasted Chicken Legs	Pit Ham	Crab Cakes	Honey Mustard Chicken	Grilled Hot Dog on Bun	Swiss Steak with Tomatoes
Dinner						
Chicken Rice Soup Saltine Crackers Pierogies w/ Butter & Onions Buttered Peas Assorted Cream Pies Milk Choice of Beverage	Beef Noodle Soup Saltine Crackers Sloppy Joe on Bun Potato Salad Fluffy Fruit Cup Milk Beverage of Choice	Vegetable Soup Saltine Crackers Tuna Melt Sandwich Tater Tots Chocolate Chip Cookies Milk Beverage of Choice	Cream of Mushroom Saltine Crackers Chef Salad W Assorted Dressings Chilled Pears Milk Beverage of Choice	Italian Wedding Soup Grilled Meatball & Cheese Sandwich Dill Cucumber Salad Pound Cake w/ Fruit Topping Milk Beverage of Choice	Tomato Soup Saltine Crackers Grilled Cheese Marinated Vegetable Salad Assorted Cream Pie Milk Beverage of Choice	Baked Potato Soup Saltine Crackers Pork Rib Patty on a Bun Breaded Pickle Chips Watermelon Milk Beverage of Choice
Bologna & Cheese Sandwich	Italian Sub Sandwich	Chicken Salad Wrap Lettuce & Tomato	Philly Chip Steak Hoagie Chips & Pickles	Ranch Turkey & Swiss Sandwich Lettuce & Tomato	Egg Salad on Croissant	Cheese Burger on Bun
HS Snack						
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day

Heritage Hill Senior Community Spring/Summer 2023

Week 2

Sunday May 21 - May 27	Monday June 18 - June 24	Tuesday July 16 - July 22	Wednesday Aug. 13 - Aug. 19	Thursday Sept. 10 - Sept. 16	Friday Oct. 8 - Oct. 14	Saturday
Breakfast						
Juice of Choice Choice of Cold or Hot Cereal Egg Patty w/ Sausage on Croissant Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Blueberry Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Scrambled Eggs Hash brown Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal French Toast W/ Syrup Sausage Links Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Bake w/ Cheese Cinnamon Rolls Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Waffle Scrapple Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Omelet Bacon Toast Margarine & Jelly Milk Coffee or Hot Tea
Lunch						
Stuffed Peppers Mashed Potatoes Wax Beans Dinner Roll Sherbet Milk Beverage of Choice	Chicken Broccoli Buttered Noodles Chuckwagon Corn Dinner Roll Margarine Assorted Cream Pie Milk Beverage of Choice	Spaghetti Noodles Meatballs Garden Salad Breadstick Ice Cream Milk Beverage of Choice	Sweet and Sour Chicken Rice California Blend Dinner Roll Margarine Strawberry Short Cake Milk Beverage of Choice	Meatloaf Garlic Mashed Potatoes Peas Dinner Roll Margarine Dump Cake Milk Beverage of Choice	Pub Battered Fish Oven Potatoes Normandy Vegetable Blend Dinner Roll Margarine Sugar Cookie Milk Beverage of Choice	Salisbury Steak Mashed Potatoes Herbed Green Beans Dinner Roll Margarine Chocolate Cake w/ Frosting Milk Beverage of Choice
Roast Turkey	Beef Tips W/ Mushrooms	Ham Steak Au Gratin Potatoes	Cheese Crumb Cod	Breaded Pork Chops	Veal W/ Mushroom Gravy	Apple Glaze Pork
Dinner						
Vegetable Soup Saltine Crackers Chicken Cheese Steak Hoagie Pickled Beet Salad Peanut Butter Smoothie Milk Beverage of Choice	Beef Noodle Soup Saltine Crackers Home Made Pizza Tomato & Cucumber Salad Tropical Fruit Milk Beverage of Choice	Chicken Pastine Soup Saltine Crackers Pork BBQ On Bun Chips and Pickles Rice Pudding Milk Beverage of Choice	Tomato Basil Soup Saltine Crackers Grilled Cheese Sandwich Macaroni Salad Fresh Fruit Milk Beverage of Choice	French Onion Soup Saltine Crackers Seafood Salad Cold Plate w/ Croissant Raspberry Turnovers Milk Beverage of Choice	Cream of Asparagus Soup Saltine Crackers Chip Steak Hoagie Pasta Salad Ice Cream Milk Beverage of Choice	Chicken Noodle Soup Saltine Crackers Italian Sausage W/ peppers & Onions On Roll French Fries Butterscotch Pudding Milk Beverage of Choice
Ham Salad Sandwich	BLT Sandwich w/ Cheese	Turkey burger w/ Cheese & Bacon	Shrimp Po Boy Hoagie Tartare Sauce	Chicken Fingers Cole Slaw	Bologna & Cheese Sandwich	Breaded Fish Sandwich w/ Lettuce & Tomato
HS Snack						
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day

Heritage Hill Senior Community Spring/Summer 2023

Week 3

Sunday May 28 - June 6	Monday June 25 - July 1	Tuesday July 23 - July 29	Wednesday Aug. 20 - Aug. 26	Thursday Sept. 17 - Sept. 23	Friday Oct. 15 - Oct. 21	Saturday
Breakfast						
Juice of Choice Choice of Cold or Hot Cereal Pancakes Sausage Link Margarine &Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Scrambled eggs Danish Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Omelet Home Fries Toast Margarine & Jelly Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal French Toast Bacon Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Fried Egg Yogurt Cups Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Waffle w/ Syrup Sausage Link Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg patty w/ Cheese & Bacon English Muffin Margarine & Jelly Milk Coffee or Hot Tea
Lunch						
Roasted Turkey Mashed Potatoes Capri Vegetable Dinner Roll Margarine Fruit Pie Milk Beverage of Choice	Honey Glazed Baked Ham Baked Sweet Potatoes Broccoli Dinner Roll Margarine Strawberry Delight Milk Beverage of Choice	Smothered Pork Chops Mashed Potatoes Parslied Carrots Dinner Roll Margarine Blueberry Cake Milk Beverage of Choice	Tortellini w/ Meat sauce Peas Dinner Roll Margarine Oatmeal Raisin Cookie Milk Beverage of Choice	Chicken Cacciotore Mashed Potatoes Corn Dinner Roll Jell-O Salad Margarine Milk Beverage of Choice	Meatloaf Macaroni & Cheese Strewed Tomatoes Dinner Roll Margarine Rice Pudding Milk Beverage of Choice	Country Fried Steak Cream Gravy Buttered Noodles Green Beans Dinner Roll Pound Cake Milk Beverage of Choice
Country Style Ribs	Shrimp Alfredo	Roast Beef Au Jus	Herb & Lemon Cod	Stuffed Cabbage	Crab Cakes	Honey Mustard Chicken
Dinner						
Cream of Tomato Soup Saltine Crackers Grilled Cheese Sandwich Chips Chilled Pears Milk Beverage of Choice	Pasta Fagioli Soup Saltine Crackers Rib B Que Sandwich Macaroni Salad Ice Cream Milk Beverage of Choice	Beef Rice Soup Hot Dog w/ chili Sauce Mini Potato Cakes Tapioca Pudding Milk Beverage of Choice	Vegetable Soup Egg Salad cold plate w/ Croissant Fresh Fruit Milk Beverage of Choice	Chicken Noodle Soup Saltine Crackers Turkey BBQ On bun Baked Beans Rainbow Cake Milk Beverage of Choice	Cream of Cauliflower Soup Saltine Crackers Chicken Salad cold plate Ambrosia Salad Milk Beverage of Choice	Chicken Orzo Soup Saltine Crackers Beef & Cheddar On Bun Side of Cottage Cheese W/ Peaches Ice Cream Milk Beverage of Choice
Tuna Salad Sandwich	Turkey Club Sandwich	Deli Sandwich	Brats On Roll Breaded Green Beans	Cheeseburger on Bun	Pierogies W/ Butter & Onions & Peas	Seafood Salad Sandwich
HS Snack						
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day

Heritage Hill Senior Community Spring/Summer 2023

Week 4

Sunday June 4 - June 10	Monday July 2 - July 8	Tuesday July 30 - Aug. 5	Wednesday Aug. 27 - Sept. 2	Thursday Sept. 24 - Sept 30	Friday Oct. 22 - Oct. 28	Saturday
Breakfast						
Juice of Choice Choice of Cold or Hot Cereal Cheese Omelet Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Pancakes Bacon Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Scrambled Eggs Sausage Gravy Biscuits Margarine Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Fried Egg Hash Browns Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice choice of Cold or Hot Cereal Fruit Muffin Yogurt Parfaits Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal French Toast Scrapple Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Choice of Cold or Hot Cereal Egg Bake w Ham & Cheese Toast Margarine & Jelly Milk Coffee or Hot Tea
Lunch						
Apple Glazed Pork Parsley Noodles Carrots Dinner Roll Margarine Oreo Cookie Pudding Milk Beverage of Choice	Lasagna w/ Meat sauce Garden Salad Dinner Roll Margarine Strawberry Delight Gelatin Milk Beverage of Choice	Chicken Tetrazzini Prince Edward Veg Blend Dinner Roll Margarine Poke Cake Milk Beverage of Choice	Breaded Pork Chops French Fries Cole Slaw Dinner Roll Margarine Fresh Fruit Milk Beverage of Choice	Chicken Teriyaki Rice Peas & Carrots Dinner Roll Margarine Frosted Banana Cake Milk Beverage of Choice	Potato Crusted Fish Mashed Potatoes Green Beans Dinner Roll Ice Cream Milk Beverage of Choice	Chicken Kiev Buttered Noodles Capri Vegetables Dinner Roll Margarine Pudding Swirl Milk Beverage of Choice
Swedish Meatballs	Roast Turkey	Stuffed Peppers	Veal Steak w/ Mushroom Gravy	Breaded Shrimp w/ cocktail Sauce	Chopped Steak	Beef Macaroni Casserole
Dinner						
Minestrone Soup Sausage & pepper Hoagie French Fries Angel Food Cake W/ Fruit Topping Milk Beverage of Choice	Chicken Rice Soup Saltine Cracked Ham & Cheese Sandwich Cole Slaw Peanut Butter Cookie Milk Beverage of Choice	Beef Noodle Soup Saltine Crackers Shredded Pork Sandwich Potato Salad Pineapple Fluff Milk Beverage of Choice	Cream of Mushroom Soup Saltine Crackers Home Made Cheese Pizza Tossed Salad Sherbet Cups Milk Beverage of Choice	Chicken Orzo Soup Saltine Crackers Philly Cheese Steak Sandwich Pasta Salad Mandarin Oranges Milk Beverage of Choice	Vegetable Soup Saltine Cracker Seafood Salad Sandwich Macaroni Salad Fruited Jell-O Milk Beverage of Choice	Italian Wedding Soup Saltine Crackers Taco Salad With Sour Cream & Sala Chilled Peaches Milk Beverage of Choice
Chicken Nuggets w/ Dipping Sauce	Shrimp Po Boy Hoagie w/ Tartare Sauce	Fish Sticks w/ tartar sauce	Bologna & Cheese Sandwich	BLT w/ Cheese Sandwich	Turkey Burger w/ Cheese Lettuce & Tomato	Grilled Hot Dog on Roll w/ Sauerkraut & Potato Chips
Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day