

# Heritage Pointe

LOVE LIFE AT EVERY POINTE

## LUNCH

### Sunday (M)

Tomato Bisque  
Caper Garlic Chicken Thigh  
Beef Dijonnaise Stew  
L/S Herb Baked Chicken with Vegetables  
Chive Garlic Whipped Potatoes  
Honey Glazed Carrots  
Forest Berry Pie (P)

### Monday (D)

Potato Chowder  
Curried Sweet Potato Latkes  
Roasted Vegetable Lasagna  
L/S Latkes with Apple Sauce  
Caesar Salad  
Fruit Garnish  
Boston Cream Pie

### Tuesday (M)

Split Pea Soup  
Tuscan Breaded Chicken  
Lamb Shepard Pie  
L/S Grilled Chicken Steamed Vegetables  
Sautéed Zucchini  
Pistachio Cardamom Cake

### Wednesday (D)

Fish Chowder  
Seared Snapper w/Lemon Sauce  
Cheese Manicotti w/Tomato Basil Sauce  
L/S Grilled Snapper w/Yam & Spinach  
Herb Skillet Potatoes  
Vegetable Medley  
Bananas Foster Station

### Thursday (M)

Tortilla Soup  
Spaghetti w/Italian Meat sauce  
Grilled Chicken Shawarma  
L/S Whole Wheat Pasta w/Tomato Sauce  
Basmati Rice  
Tandoori Cauliflower  
Cinnamon Baked Apple (P)

## DAILY BREAKFAST OPTIONS

### Egg Specials

Served w/Choice of Toast, English Muffin, Bagel  
or Daily Pastry and Hash Browns Pancakes,  
French Toast, Waffles

### A La Carte

Hot and Cold Cereals Fresh Seasonal Fruit,  
Whole Fruit and Yogurt

### Weekend Continental Self-Serve Breakfast

Hours - 8am - 9:30am Meal Delivery/Pick-up -  
7am - 8am

### Beverages

Regular or Decaf Coffee, Hot Tea, Orange, Apple.  
Cranberry, Tomato & V8, L/F Milk, Soy, Almond  
& Lactose Free

## LUNCH

### Friday (D)

Tomato Rice Soup (P)  
Grilled Salmon w/Citrus Honey Glaze  
Mushroom Spinach Calzone  
L/S Grilled Salmon w/Steamed Vegetables  
Brown Rice  
Spaghetti Squash  
Chocolate Pudding

### Saturday (D)

Breakfast & Lunch  
Boxed Lunch  
Dining Room Closed  
For  
Holiday

Over for Dinner Menu

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## DINNER

### Sunday (D)

Lentil Soup (P)  
Tuna Noodle Casserole  
Roasted Pepper & Goat Cheese Frittata  
L/S Vegetable Frittata w/Baked Yam  
Ginger Balsamic Beets  
Cream Puffs

### Monday (M)

Beef Orzo Soup  
Turkey & Vegetable Pot Pie  
Polish Sausage Sub w/Sauerkraut & Onions  
L/S Poached Fish w/Baked Potato  
House Green Salad  
Chocolate Macaroon Cake

### Tuesday (D)

Sweet Potato Soup  
Beyond Meat Quesadilla w/Guacamole  
Trio Salad Platter, Egg, Potato, White Fish  
L/S Beyond Meat Salad Bowl  
Mexican Street Corn  
Italian Cannoli

### Wednesday (M)

Five Onion Soup  
Sweet & Sour Chicken Bowl  
Harissa Meat Balls over Rice  
L/S Plain Meat balls  
Fried Rice  
Asian Vegetables  
Apple Sauce Cake (P)

## DINNER

### Thursday (D)

Broccoli Cheddar Soup  
Vegetarian Stuffed Pepper in Tomato Sauce  
Dill Lemon Trout  
L/S Vegetarian Stuffed Pepper w/Steamed Rice  
Herb Roasted Potatoes  
Garlic Spinach  
Pumpkin Cheese Cake

### Friday (M)

Chicken Noodle Soup  
Prime Rib w/Garlic Au-Jus  
Roasted Chicken w/Apricots  
L/S Roast Chicken Breast w/Baked Yam  
Whipped Potatoes  
Lemon Asparagus  
Cinnamon Babka

### Saturday (D)

Potato Cheddar Soup  
Break the Fast Presentation  
Assorted Salads & Food

## BEVERAGES

Regular or Decaf Coffee, Hot Tea, Orange, Apple, Cranberry,  
Tomato & V8, L/F Milk, Soy, Almond & Lactose Free

### Hours

Breakfast - 7:30am - 9:30am  
Lunch - 11:30am - 1:30  
Dinner - 4:30pm - 6:30pm

Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses.  
Alert your server if you have special dietary requirements.