



MARY ANN MORSE

AT HERITAGE

Assisted Living, Memory Care, Mental Health

Sample Menu 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
French toast/bacon Eggs any style ♥ Egg beaters French toast Bacon/sausage Hot cereal Juice, Coffee, Tea Cold cereal Fresh fruit	Scrambled/sausage Eggs any style ♥ Egg beaters Waffles Bacon/sausage Hot cereal Juice, Coffee, Tea Cold cereal Fresh fruit	Waffles/bacon Eggs any style ♥ Egg beaters Cheese Blintz Bacon/sausage Hot cereal Juice, Coffee, Tea Cold cereal Fresh fruit	Scrambled/sausage Eggs any style ♥ Egg beaters Bagels & lox Bacon/sausage Hot cereal Juice, Coffee, Tea Cold cereal Fresh fruit	Pancakes/Canadian bacon Eggs any style ♥ Egg beaters Muffins Bacon/sausage Hot cereal Juice, Coffee, Tea Cold cereal Fresh fruit	Scrambled/bacon Eggs any style ♥ Egg beaters Chef's omelet Bacon/sausage Hot cereal Juice, Coffee, Tea Cold cereal Fresh fruit	French toast /sausage Eggs any style ♥ Egg beaters Blueberry pancakes Bacon/sausage Hot cereal Juice, Coffee, Tea Cold cereal Fresh fruit
Lunch						
Salad Shrimp cocktail Roast Prime rib or ♥ Baked cod w/ lemon baked potato green beans Boston Cream pie	Salad/soup Eggplant Parmesan sandwich or ♥ Asian Chicken with Pad Thai & vegetable salad Fresh berries	Salad/soup Seafood salad plate with fresh fruit & cottage cheese ♥ Marinated flank steak over Vegetable salad Apple pie	Salad/soup Turkey salad sandwich or ♥ Caprese salad with balsamic glaze Pudding	Salad/soup Roast beef sandwich w/lettuce & tomato or ♥ Tuna salad sandwich Chocolate chip cookies	Salad/soup Chicken Romano w/ marinara or ♥ Grilled portabella sandwich w/ garlic aioli &caramelized onion Jell-O	Salad/soup Mac & cheese with stewed tomato or ♥ Peach & bourbon pulled pork sandwich Hoodsie cup
Dinner						
Salad/soup Meatball sub w/ French fries or ♥ Grilled cheese sandwich Coleslaw Chef's blend Pudding	Salad/soup Roast lamb top round with gravy or ♥ Baked salmon w/ lemon Roasted potato Summer squash Coconut almond bar	Salad/soup Sweet & sour pork over fried rice or ♥ Gnocchi with marinara Broccoli Ice cream pie	Salad/soup Beef stuffed zucchini boats or ♥ Pan seared sea scallops w/ lemon Saffron rice Chef's blend Chocolate cake	Salad/soup Southern fried chicken w/ biscuit or ♥ Red wine braised short ribs parmesan polenta Carrots Fresh strawberries	Salad/soup Roast turkey w/gravy and stuffing or ♥ baked Haddock with lemon mashed potato Zucchini Ice cream	Salad/soup Veal Marsala or ♥ Bucatini pasta with meat sauce Sweet potato Kale Peach pie