



# September 2020



## Heatherwood Retirement Community

30	31	Sep 1	2	3	4	5
		Egg Salad Plate <i>or</i> Kielbasa with Peppers Baked Macaroni Cheese Capri Blend <i>or</i> Roasted Tomato Half Baked Roll Ice Cream Sandwich	Basic Ham and Bean Soup Surimi Crab Pasta Salad <i>or</i> Spaghetti with Marinara Meat Sauce Garden Green Salad <i>or</i> Green Beans Italian Crusty Garlic Bread Peach Cobbler	Chef Salad <i>or</i> Pork Chops and Gravy Lyonnaise Potatoes Mixed Vegetables <i>or</i> Mixed Green Salad Baked Roll Peanut Butter Cake	New England Clam Chowder Deli Meat and Cheese Plate <i>or</i> Halibut with Lemon Butter Baked Potato Coleslaw <i>or</i> Broccoli Almondine American Apple Pie	Smoked Salmon Platter <i>or</i> Sweet Corned Beef Boiled Potatoes Roasted Cabbage and Carrots Baked Roll Brownies
6	7	8	9	10	11	12
Cream of Tomato Soup Honey Mustard Turkey Sandwich <i>or</i> Classic Meatloaf Fresh Mashed Potatoes Corn <i>or</i> Garden Green Salad Assorted Cookies	Ploughman's Platter <i>or</i> BBQ Pulled Pork on a Bun Baked Beans <i>or</i> Classic Macaroni Salad Green Beans with Bacon Pound Cake with Fresh Berries	Garden Vegetable Soup Steak Cobb Salad with Dijon Vinaigrette <i>or</i> Linguine with Clam Sauce Caesar Salad <i>or</i> Fresh Cooked Zucchini Crusty Garlic Bread Peaches 'n Cream Dessert	Gazpacho Pastrami Sandwich <i>or</i> Chicken Crepes with Mushroom Sauce Marinated Tomatoes <i>or</i> Grilled Asparagus Fresh Banana Cream Pie	Caribbean Chicken Salad <i>or</i> Seasoned Salisbury Steak Mashed Red Potatoes Roasted Carrots <i>or</i> Beet Salad French Bread Cheesecake	New England Clam Chowder Egg Salad Sandwich <i>or</i> Pan Fried Trout Baked Sweet Potato Wedges Capri Blend <i>or</i> Coleslaw Fresh Biscuits Chocolate Cake	Basic Ham and Bean Soup Cottage Cheese and Fruit Platter <i>or</i> Chicken Cordon Bleu Rice Pilaf Capri Blend <i>or</i> Carrot Raisin Salad Baked Roll Apple Pie Ala Mode
13	14	15	16	17	18	19
Fresh Tomato Soup Honey Mustard Turkey Sandwich <i>or</i> Glazed Hamloaf Baked Beans with Bacon Green Beans <i>or</i> Garden Green Salad Baked Roll Assorted Cookies	Cream of Zucchini Soup Chef Salad <i>or</i> BBQ Pork Chop Bake Cheesy Scalloped Potatoes Mixed Vegetables <i>or</i> California Normandy Blend Ice Cream	Minestrone Soup Roasted Portabella Sandwich <i>or</i> Seafood Quiche Stewed Tomatoes <i>or</i> Broccoli Salad Baked Roll Homemade Peach Pie	Split Pea Soup Chicken Salad on Croissants <i>or</i> Pepper Beef Tips Parmesan Cauliflower Mash <i>or</i> Mixed Vegetable Casserole Baked Roll Brownies	Beef Barley Soup Italian Sub Sandwich <i>or</i> Monte Cristo Sandwich Home Fried Potatoes 7-Up Salad	New England Clam Chowder Grilled Steak Salad <i>or</i> Salmon Patty Lemon Chive Rice Sautéed Mushrooms <i>or</i> Buttered Zucchini Baked Roll Assorted Cookies	Basic Ham and Bean Soup Egg Salad Plate <i>or</i> Country Fried Steak with Gravy Fresh Mashed Potatoes Parsley Carrots <i>or</i> Four Bean Salad Homemade Strawberry Shortcake Biscuits
20	21	22	23	24	25	26
Cottage Cheese and Fruit Platter <i>or</i> Classic Spaghetti Meat Sauce Garlic Green Beans <i>or</i> Garden Green Salad Crusty Garlic Bread Fruited Jello Salad	Cream of Mushroom Soup Mediterranean Tuna Salad <i>or</i> Turkey Piccata Rice Pilaf Mixed Vegetables <i>or</i> Spring Salad Berries and Cream Pastry	Turkey Noodle Soup Clubhouse Wrap <i>or</i> Baked Dijon Salmon Dill New Potatoes Cucumber Onion Salad <i>or</i> Roasted Broccoli with Lemon Applesauce Cake	Broccoli Cheese Soup Spinach Chicken Gorgonzola Salad <i>or</i> Glazed Ham with Pineapple Hawaiian Macaroni Salad Garlic Spinach <i>or</i> Hawaiian Beets Baked Roll Hawaiian Nut Loaf	Soup Du Jour Smoked Salmon Platter <i>or</i> Chicken Cordon Bleu Twice Baked Potato California Normandy Blend <i>or</i> Bacon Pea Salad Peanut Butter Pie	New England Clam Chowder Cottage Cheese and Fruit Platter <i>or</i> Crispy Fish Sandwich Potato Salad Creamy Coleslaw Assorted Cookies	Deli Sandwich <i>or</i> Autumn Pot Roast Fresh Mashed Potatoes Roasted Root Vegetables <i>or</i> Waldorf Green Salad Baked Roll Strawberry Ice Cream

27	28	29	30	Oct 1	2	3
Basil Tomato Soup Tuna Salad and Crackers <i>or</i> Beef Enchilada Casserole Pinto Beans Corn O'Brien <i>or</i> House Green Salad Baked Roll Creamy Pear Jello	Split Pea Soup Deli Meat and Cheese Plate <i>or</i> Turkey Piccata Jasmine Rice Stewed Tomatoes <i>or</i> Broccoli Salad Baked Roll Peach Crisp	Turkey Rice Soup California Chef Salad <i>or</i> Swedish Meatballs over Noodles Apple Spinach Salad <i>or</i> Butternut Squash Ice Cream Bar	Beef Shell Soup Salmon Wrap <i>or</i> Pork Chop Dijon Baked Sweet Potato Wax Bean Salad <i>or</i> Peas and Mushrooms Chocolate Cake			

*We apologize if circumstance require a last minute change to our menu*