



Highland Estates Retirement & Assisted Living

27	28	29	30	Oct 1	2	3
				Chili Con Carne Bacon Roasted Chicken Breast Roasted Yukon Potatoes Country Trio Medley Ice Cream	Chicken Noodle Soup Tilapia Fillet with Lemon Sauce Fried Rice Chef's Steamed Vegetable Beverage Choice Honey Bun Cake	Manhattan Clam Chowder Meatloaf Herb Mashed Potatoes California Normandy Blend Fruit
4	5	6	7	8	9	10
Parmesan Chicken Breast Rice Buttery Carrots Cherry Pie	Corn Chowder Garlic Herb Pork Roast Baked Macaroni Cheese Steamed Broccoli Milk Oreo Delight	Bean Bacon Soup Beef Taco Red Beans and Rice Fresh Tomato Salsa Classic Rice Krispies Treat	Baked Potato Soup Turkey Roast Cranberry Sage Dressing Chef's Steamed Vegetable Baked Roll Pumpkin Pie	Red Bean Chili Ham Patty and Pineapple Scalloped Potatoes Buttered Squash Soft Brown Sugar Cookie	Chicken Noodle Soup Hawaiian Meatballs Parsley Rice Honey Glazed Pea Pods with Carrots Mandarin Orange Cake	New England Clam Chowder Chicken Fettuccine Garlic Pasta Corn O'Brien Cheesy Garlic Biscuits Banana Cream Pudding
11	12	13	14	15	16	17
Tomato Soup Beef Roast Scalloped Potatoes Buttered Squash Baked Roll Beverage Choice Chocolate Cream Pie	Corn Chowder Meatloaf Mashed Potatoes and Gravy Parmesan Green Beans Baked Roll Chocolate Love Cake	Taco Soup Fried Chicken with Onions Candied Yams Mixed Vegetables Beverage Choice Apple Crumble	Ham Patty with Sweet Mustard Sauce Baked Macaroni Cheese Broccoli Baked Roll Lemon Meringue Pie	Blue Ribbon Chili Sour Cream Beef Patty Parmesan Mashed Potatoes Peas and Carrots Cherry Cheesecake	Chicken Noodle Soup Baked Lemon Pepper Salmon Rice Pilaf Seasoned Broccoli Pineapple Upside Down Cake	New England Clam Chowder Swedish Meatballs Garlic Pasta Herbed Corn Baked Roll Drizzled Chocolate Chip Cookies
18	19	20	21	22	23	24
Tomato Soup Glazed Meatloaf Onion Roasted Potatoes Baby Carrots Baked Roll Pumpkin Pie	Corn Chowder Bread Crumb Chicken Italian Pasta Salad Green Bean Cauliflower Blend Milk White Poke Cake	Baked Potato Soup Turkey Roast Creamed Potatoes Peas and Pearl Onions Garden Blend Baked Roll Pear Cobbler	Taco Soup Chicken Fried Steak and Gravy Mashed Potatoes and Gravy Capri Blend Maple Bread Pudding	Chili Con Carne Roasted Rosemary Pork Roasted Red Potatoes Mixed Vegetables Baked Roll Cherry Fluff	Chicken Noodle Soup Oven Fried Cod Seasoned Rice Coleslaw Milk Soft Oatmeal Cookies	Beef Vegetable Soup Lasagna Seasoned Zucchini Garlic Bread Autumn Spice Cake
25	26	27	28	29	30	31
Tomato Soup Oven Pot Roast Mashed Potatoes and Gravy Seasoned Cauliflower Chocolate Cream Pie	Corn Chowder Italian Crusted Chicken Lyonnais Potatoes Sauteed Carrots Cheesecake	Baked Potato Soup Swedish Meatballs Classic Mashed Potatoes Green Beans Peaches	Ham and Northern Bean Soup Marinated Pork Chops Parmesan Roasted Potatoes Glazed Butternut Squash Apple Crisp	Chili Con Carne Hamburger Steak and Onions Favorite Baked Beans Carrots Pumpkin Pudding	Classic Chicken Noodle Soup Tilapia Fillet with Lemon Sauce White and Wild Rice Pilaf Chef's Steamed Vegetable Peach Parfait with Wafers	New England Clam Chowder Cranberry Glazed Turkey Roast Bread Stuffing Brussels Sprouts with Lemon Sauce Baked Roll Berry Buckle Cake

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