

BREAKFAST
7:30am – 9:30am

LUNCH
12pm – 1pm

DINNER
5:30pm – 6:30pm

The Heritage at College View Dining

Jennifer Whitesel

DINING SERVICE
DIRECTOR

Week 3

Breakfast

Lunch

Dinner

MONDAY, January 25, 2016

- Choice of Eggs
- Bacon or Sausage Links
- French Toast
- White or Wheat Toast
- Oatmeal
- Pears

- Shrimp alfredo served over fettuccini pasta and comes with a lettuce salad
- Roasted Turkey served with mashed potatoes, gravy and buttered baby carrots
- Blond Brownies

- Oven baked Reuben served with potato wedges and pickle spear
- Baked potato soup served with a ham and cheese sandwich, lettuce and tomato
- Rice Crispy Bar

TUESDAY, January 26, 2016

- Choice of Eggs
- Bacon or Sausage Links
- Breakfast Sandwich
- White or Wheat Toast
- Cream of Wheat
- Fruit Cocktail

- Smokey mountain chicken served with au gratin potatoes
- Swedish meatballs in gravy served over buttered noodles
- German green beans
- Cheesy cauliflower
- Strawberry Tarts

- Vegetable beef stew served with a chicken salad croissant
- Pancakes served with scrambled eggs, bacon, and tomato juice
- Banana Cream Cake

WEDNESDAY, January 27, 2016

- Choice of Eggs
- Bacon or Sausage Links
- Sausage Gravy and Biscuits
- White or Wheat Toast
- Malt-O-Meal
- Banana

- Taco Salad served with all the toppings and Spanish rice
- Glazed meatloaf served with mashed potatoes, gravy, and mixed vegetables
- Bread Pudding

- Chili with cheese served with a cinnamon roll and fresh relishes
- Fish sticks served with macaroni and cheese and green peas
- Apple Cobbler

Every day Alternates

Soup & Deli Sandwich • Assorted Fruit or Jell-O – Changes Daily • Chef Salad • Dinner Salad
Hamburger or Hot Dog Sliders • Peanut Butter & Jelly Sandwich
Grilled Cheese Sandwich

Breakfast

Lunch

Dinner

THURSDAY, January 28, 2016

- Choice of Eggs
- Bacon or Sausage Links
- Hashbrown Casserole
- White or Wheat Toast
- Oatmeal
- Apricots

- Beef and noodle casserole served with bread and butter
- Breaded Pork steak served with mashed potatoes and gravy
- Buttered corn
- Stewed tomatoes
- Apple Cranberry Crisp

- Grilled Chicken sandwich with honey mustard, lettuce, tomato, and French fries
- Tomato Soup with a grilled cheese sandwich
- Strawberry short Cake

FRIDAY, January 29, 2016

- Choice of Eggs
- Bacon or Sausage Links
- Pumpkin Baked Oatmeal Muffins
- White or Wheat Toast
- Cream of Wheat
- Peaches

- Oven roasted turkey served with turkey dressing and gravy
- Hot Roast beef sandwich served with mashed potatoes and gravy
- Seasoned Carrots
- Green beans
- Pecan Pie Bars

- Chicken noodle soup served with a deli beef and Swiss sandwich, lettuce, and tomato
- Tuna and Noodle Casserole served with bread, butter, and green peas
- Chocolate Chip Cookies

SATURDAY, January 30, 2016

- Choice of Eggs
- Bacon or Sausage Links
- Raisin Bread
- White or Wheat Toast
- Malt-O-Meal
- Tropical Fruit

- Oven Fried Chicken served with mashed potatoes and gravy
- Glazed pork chop served with sweet potatoes
- Cream style corn
- Steamed asparagus
- Rainbow Cake

- Vegetable Soup served with a toasted bacon, lettuce, and tomato sandwich
- Sloppy Joe served on a bun with French fries and a pickle spear
- Brownie Sundae with hot fudge

SUNDAY, January 31, 2016

- Choice of eggs
- Bacon or Sausage Links
- Cinnamon roll
- White or Wheat Toast
- Oatmeal
- Mandarin Oranges

- Swiss Steak served with mashed potatoes and gravy
- Garlic Parmesan chicken drumsticks served with roasted potatoes
- Dill Carrots
- Green Beans
- Peach Pie Al-la mode

- Cheeseburgers served with potato chips and relishes
- Chicken and Rice Casserole served with bread, butter, and cheesy broccoli
- Blueberry Cheese Cake

Thank you for dining with us!