

BREAKFAST
7:30am – 9:00am

LUNCH
11:30am – 1:00pm

DINNER
4:30pm – 6:00pm

The Heritage at Meridian Gardens Dining

Michelle Walker

DINING SERVICE
DIRECTOR

Breakfast

Lunch

Dinner

MONDAY

- Scrambled Eggs
- Cream of Wheat
- Cold Cereal
- Bacon
- Toast, English Muffins
- Choice of Fruit & Juice
- Coffee Cake

- Creamed Chicken over Biscuit w/Spring Blend Vegetables
- Pork Loin w/ Mashed Sweet Potatoes, Spring Blend Vegetables
- Bread of the Day
- Chocolate Chip Cookies or Seasonal Fruit

- Breakfast Croissant w/ Tater Tots
- Club Sandwich w/ Vegetables and Fruit
- Fruit Salad or Seasonal Fruit

TUESDAY

- Fried Eggs
- Oatmeal
- Cold Cereal
- Sausage
- Toast, English Muffins
- Choice of Fruit & Juice
- Breakfast Muffin

- Liver and Onions w/ Baked Potato, Green Beans
- Cheddar Baked Chicken w/ Baked Potato, Green Beans
- Bread of the Day
- Carrot Cake or Seasonal Fruit

- Stuffed Pasta Shells w/ Garlic Bread, Steamed Broccoli
- Chicken Salad Sandwich w/ Carrot Raisin Salad, Chips
- Tapioca Pudding or Seasonal Fruit

WEDNESDAY

- Omelet Eggs
- Cream of Wheat
- Cold Cereal
- Bacon
- Toast, English Muffins
- Choice of Fruit & Juice
- French Toast

- Southwest Hamburger w/ Seasoned Potatoes, Carrots
- Sweet and Sour Chicken w/ Rice and Egg Roll
- Jell-O Cake or Seasonal Fruit

- Chef Salad w/ Bread Stick and Dressing
- Beef Ravioli w/ Creamed Peas, Bread Stick
- Cookies or Seasonal Fruit

Every day offerings

Soup of the Day • Seasonal Fruit Salad • Chef Salad • Hard or Fried Eggs
Grilled Cheese Sandwich • Potato Chips • Yogurt • Side Salad • Gelatin & Cottage Cheese

Kitchen Ext. 508

Breakfast

Lunch

Dinner

THURSDAY

- Fried Eggs
- Oatmeal
- Cold Cereal
- Sausage
- Toast, English Muffins
- Choice of Fruit & Juice
- Strudel

- Tacos w/ Refried Beans and Rice
- Roast Turkey w/ Mashed Potatoes and Gravy, Mixed Vegetable
- Bread of the Day
- Assorted Pie or Seasonal Fruit

- Chunky Chili w/ Cinnamon Roll
- Ham and Cheese Sandwich w/ Spring Salad, Fruit Slices
- Brownie or Seasonal Fruit

FRIDAY

- Scrambled Eggs
- Cream of Wheat
- Cold Cereal
- Bacon
- Toast, English Muffins
- Choice of Fruit & Juice
- Raisin Toast

- Smothered Pork Chop w/ Pasta & Marinara Sauce, Steamed Broccoli
- Pollock w/ Pasta & Marinara Sauce, Steamed Broccoli
- Bread of the Day
- Ice Cream Bars or Seasonal Fruit

- Tomato Soup w/ Grilled Cheese Sandwich
- Chicken Patty Sandwich w/ Cole Slaw and Tomato Slices
- Jell-O Cake or Seasonal Fruit

SATURDAY

- Scrambled Eggs
- Oatmeal
- Cold Cereal
- Sausage
- Toast, English Muffins
- Choice of Fruit & Juice
- Waffles

- Steak w/ Cheesy Hash Browns, California Blend Vegetables
- Sack Lunch for the Football Game- Sign-up sheet at the bus stop
- Bread of the Day
- Sugar Cookies or Seasonal Fruit

- Personal Pizza w/ Fresh Vegetables
- Sloppy Joes w/ Tater Tots and Pickle Spear
- Sherbet or Seasonal Fruit

SUNDAY

- Omelet
- Cream of Wheat
- Cold Cereal
- Bacon
- Toast, English Muffins
- Choice of Fruit & Juice
- Sticky Biscuits

- Roast Beef w/ Mashed Potatoes & Gravy, Corn
- Fried Chicken w/ Mashed Potatoes & Gravy, Corn
- Bread of the Day
- Pumpkin Pie or Seasonal Fruit

- Polish Sausage on a Bun w/ Sauerkraut and Tater Tots
- Crab Salad on Croissant w/ Potato Salad, Orange Slices
- Chocolate Pudding or Seasonal Fruit

Thank you for dining with us!