

BREAKFAST
7:30am – 9:30am

LUNCH
11:30am – 1:30pm

DINNER
4:30pm – 6:30pm

The Heritage Dining at Sterling Ridge



Angie Johnson

DINING SERVICE
DIRECTOR

Breakfast

Lunch

Dinner

MONDAY

- Eggs to Order
- Hot Cereal/Cold Cereal
- Bacon or Sausage
- Toast, Pancakes, Hashbrowns, Bagels, English Muffins
- Choice of Fruit & Juice
- Flavored Pancakes

- Cuban Ropa Vieja w/ White Rice & Roasted Asparagus
- Pork Roast w/ Mashed Potatoes & Gravy, California Blend Veggies
- Bread of the Day
- Bread Pudding or Fruit Salad

- Pizza Burgers w/ Lettuce, Tomato, Onion & Pickle, Green Beans
- Chicken & Spinach Salad w/ Muffins
- Bread of the Day
- Peanut Butter Cookies or Fruit Salad

TUESDAY

- Eggs to Order
- Hot Cereal/Cold Cereal
- Bacon or Sausage
- Toast, Pancakes, Hashbrowns, Bagels, English Muffins
- Choice of Fruit & Juice
- Breakfast Muffin

- Apple Onion Pork Chops w/ Garlic Mashed Red Potatoes & Buttered Corn
- Chicken & Broccoli Pasta Casserole w/ Green Beans
- Bread of the Day
- Caramel Apple Cupcakes or Fruit Salad

- Ham Salad Sandwich w/ Potato Chips, Steamed Cauliflower
- Jambalaya w/ Corn Bread
- Sugar Cookies or Fruit Salad

WEDNESDAY

- Eggs to Order
- Hot Cereal/Cold Cereal
- Bacon or Sausage
- Toast, Pancakes, Hashbrowns, Bagels, English Muffins
- Choice of Fruit & Juice
- French Toast

- Homestyle Lasagna w/ California Blend Veggies
- Swiss Steak w/ Mashed Potatoes & Gravy, Steamed Brussel Sprouts
- Bread of the Day
- Pistachio Éclair or Fruit Salad

- Eggplant Parmesan w/ Penne Pasta & Marinara Sauce
- Grilled Turkey Reuben on Rye w/ Onion Rings & Relish Plate
- Assorted Ice Cream Treats or Fruit Salad

Every day offerings

Soup of the Day • Seasonal Fruit Salad • Chef Salad • Deli Sandwiches • Hard or Fried Eggs
Baked Fish Fillet • Grilled Salmon Fillet • Hamburger or Cheeseburger • Black Bean Vegetarian Burger
Grilled Cheese Sandwich • Potato Chips • Yogurt • Side Salad • Avocado Halves

Breakfast

Lunch

Dinner

THURSDAY

- Eggs to Order
- Hot Cereal/Cold Cereal
- Bacon or Sausage
- Toast, Pancakes, Hashbrowns, Bagels, English Muffins
- Choice of Fruit & Juice
- Caramel Pecan Rolls

- Meatloaf w/ Mashed Potatoes & Gravy, Steamed Carrots
- Coconut Breaded Shrimp w/ Zucchini Fries
- Bread of the Day
- Cheesecake or Fruit Salad

- Loaded Broccoli & Bacon Potato Boat w/ Dinner Roll
- French Dip w/ Sliced Prime Rib & Au Jus, Potato Chips & Green Beans
- Dessert Bars or Fruit Salad

FRIDAY

- Eggs to Order
- Hot Cereal/Cold Cereal
- Bacon or Sausage
- Toast, Pancakes, Hashbrowns, Bagels, English Muffins
- Choice of Fruit & Juice
- Assorted Pastries

- Beef Stroganoff w/ Pasta & Mixed Vegetables
- Liver & Onions w/ Mashed Potatoes & Gravy, Seasoned Cauliflower
- Bread of the Day
- Maple Meringue Cream Pies or Fruit Salad

- Hamburger or Cheeseburger w/ Lettuce, Tomato, Onion & Pickle, Broccoli Salad & Tator Tots
- Tuna Noodle Casserole w/ Mixed Vegetables & Garlic Cheese Biscuits
- Cookies or Fruit Salad

SATURDAY

- Eggs to Order
- Hot Cereal/Cold Cereal
- Bacon or Sausage
- Toast, Pancakes, Hashbrowns, Bagels, English Muffins
- Choice of Fruit & Juice
- Biscuits & Gravy

- Orange Pecan Chicken w/ Rice, Seafood Rangoon, Fortune Cookie
- Crab Cakes w/ Catalina Potato Wedges, Roasted Asparagus
- Bread of the Day
- Pineapple Upside Down Cake or Fruit Salad

- Egg Salad Sandwich on Wheat w/ Potato Chips, Steamed Broccoli
- Pork Tenderloin Sandwich w/ Lettuce & Tomato w/ Au Gratin Potatoes
- Caramel Apple Snicker Salad or Fruit Salad

SUNDAY

- Eggs to Order
- Hot Cereal/Cold Cereal
- Bacon or Sausage
- Toast, Pancakes, Hashbrowns, Bagels, English Muffins
- Choice of Fruit & Juice
- Cinnamon Rolls

- Roast Beef w/ Mashed Potatoes & Gravy, Green Bean Almondine
- BBQ Chicken w/ Baked Beans & Coleslaw
- Bread of the Day
- Strawberry Rhubarb Crisp or Fruit Salad

- Philly Beef Steak Sandwich w/ Curly Fries, Fresh Veggies & Dip
- Grilled Chicken Wrap w/ Roasted Vegetables
- Cherry Bars or Fruit Salad

Thank you for dining with us!