

The Heritage
at College View

BREAKFAST
7:30am – 9:30am

LUNCH
11:30pm – 1:00pm

DINNER
5:00pm – 6:30pm

Week 3

Breakfast

Lunch

Dinner

MONDAY, May 23

Pancakes or Waffles – Fluffy golden buttermilk pancakes or golden crisp waffles served with butter and maple syrup
Fruit: Mandarin Oranges

Brazed Chicken Thighs – Simply seasoned chicken thighs served over buttery orzo pasta and lemon pepper asparagus
Soup: White Chicken Chili
Dessert: Fruit Pizza

Mandarin Pork Stir-Fry – Diced pork tenderloin stir-fried in a sweet tangy glaze with stir-fry vegetables served on top of lo Mein noodles
Soup: White Chicken Chili
Dessert: Tapioca Pudding

TUESDAY, May 24

Breakfast Casserole – Hot savory casserole made with sourdough bread, eggs, sausage, cheese, and peppered gravy
Fruit: Pears

College View Cookout
Grilled Hamburgers and Hot Dogs with all the fixings
Baked Beans
Assorted Chips
Pasta Salad
Watermelon Salad
Ice Cream bar

Crunchy Chili Lime Shrimp – Seasoned shrimp with lime, a mild sweet chili sauce and crushed tortilla chips served on top of steamed white rice and comes with buttered green beans
Soup: Hearty Vegetable
Dessert: Chocolate Brownies

WEDNESDAY, May 25

Biscuits with Sausage Gravy – Creamy pepper gravy with sausage spooned over a fresh baked biscuit
Fruit: Banana

Sweet and Sour Meatballs – Seasoned ground beef formed into a ball and baked in a sweet and tangy pineapple sauce served with a baked potato half and seasoned peas
Soup: Chicken Noodle
Dessert: Caramel Cheesecake

Spinach and Feta Chicken Penne – Lightly sauced penne pasta with grilled chicken, tomatoes, spinach, and tomatoes topped with parmesan cheese served in a bowl and a breadstick on the side.
Soup: Chicken noodle
Dessert: Sour Cr. Raisin Bar

Every day Alternates

Cottage Cheese • Assorted Fruit Jell-O – Changes Daily • Potato Salad • Coleslaw

Yogurt with Granola • Peanut Butter & Jelly Sandwich

Grilled Cheese Sandwich • Dinner Salad

Breakfast**Lunch****Dinner****THURSDAY, May 26**

French Toast – Sliced sourdough bread dipped in an egg, milk, vanilla, and cinnamon mixture then fried golden brown served with butter and maple syrup
Fruit: Peaches

Chicken Parmesan – Breaded chicken breast seasoned with Italian seasoning and served over spaghetti noodles with marinara sauce. Comes with a lettuce salad
Soup: Tomato Soup
Dessert: Banana Ice Box Cake

Asparagus and Ham Dinner – A delicious casserole with asparagus, tomato, spiral pasta, and chunks of ham. Sprinkled with cheese and served with a slice of warm cornbread and honey.
Soup: Tomato
Dessert: Strawberry Ice Cream

FRIDAY, May 27

Caramel Pecan Rolls – Warm cinnamon roll baked with pecans and drizzled with melted caramel
Fruit: Tropical Fruit

Seasoned Tilapia – Lightly seasoned tilapia fillet served with Hasselback potatoes and buttered peas
Soup: Beef Barley
Dessert: Assorted Desserts

Tex-Mex Chicken Strips – Chicken strips breaded with corn chips, panko breadcrumbs, Mexican cheese blend and taco seasoning. Served with a fresh pasta salad and tomato slices
Soup: Beef Barley
Dessert: Rice Krispy Bar

SATURDAY, May 28

Breakfast Pizza – Fresh warm pizza crust topped with a creamy sauce, sausage, bacon, and cheese then baked
Fruit: Apricots

Beef Ravioli with Snap Peas and Mushrooms – Ravioli tossed with mushrooms, onions, garlic, and snap peas in a zesty lemon and cream sauce topped with parmesan cheese served with a lettuce salad.
Soup: Creamy Potato
Dessert: Peach Crisp

Garlic and Herb Steak Pizza – Thin crust pizza topped with garlic cheese spread, chopped fresh spinach, red onions, sliced mushrooms, shredded mozzarella cheese, and sliced top sirloin steak served with a lettuce salad
Soup: Hearty Vegetable
Dessert: Raisin Bars

SUNDAY, May 29

Danish Roll – Flakey and sweet roll with assorted flavors
Fruit: Pineapple Chunks

Garlic Lime Salmon – Salmon fillet lightly seasoned with garlic and lime served with herbed rice and seasoned carrots
Soup: Minestrone
Dessert: Blueberry Pie Al La Mode

Steak Fajitas – Sliced sirloin steak, peppers, onions, Cheese on a flour tortilla served with salsa and sour cream and potato chips
Soup: Minestrone
Dessert: Ice Cream Bar

Thank you for dining with us!