

BREAKFAST
7:30am – 9:30am

LUNCH
11:30am – 1:30pm

DINNER
4:30pm – 6:30pm

The Heritage at Sagewood

Dining Services
Director

Mike Bradley

Assisted Living | Memory Support

Breakfast

Lunch

Dinner

Monday, April 18th

- Eggs Any Style
- Oatmeal
- Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin
- Hash Browns
- Cold Cereal
- **Pancakes**

Open Face, Hot Turkey Sandwich – served with Garlic Mashed Potatoes and Mixed Vegetables

Herb Baked Fish – Herb Crusted Fish served with Sweet Potato Wedges, Vegetable of the Day, and Tartar Sauce

Pork Fritter Sandwich
served with Lettuce, Tomato, Potato Chips and Fresh Fruit

Beef Burgundy – Beef Tips in a Savory Wine Sauce served over Pasta served with Brussel Sprouts

Soup of the Day:

Bean and Bacon

Tuesday, April 19th

- Eggs Any Style
- Oatmeal
- Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin
- Hash Browns
- Cold Cereal
- **Ham & Cheese Omelet**

Lasagna with Meat Sauce- Garlic Bread and Side Salad and for Dessert is Pecan Pie

Sweet & Sour Chicken – served with Sticky Rice, Pork Rangoon, and a Fortune Cookie

Crab Cakes – served with a Lemon Dill Sauce, Garden Rice Pilaf, and Squash Medley

Manicotti– Baked Cheese Manicotti served with Italian Blend Vegetables and a Bread Stick

Wednesday, April 20th

- Eggs Any Style
- Oatmeal
- Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin
- Hash Browns
- Cold Cereal
- **Donut**

Roast Beef Dinner- Roast Beef served with Mashed Potatoes & gravy, and steamed Cabbage & Carrots

Pork Chops- Onion Braised Iowa Pork Chop served with sliced New Potatoes and Green Beans

Soup & Sandwich – Soup of the day served with a Grilled Cheese & Ham sandwich

Turkey Salad- Cranberry Turkey salad over salad greens with dried cranberries, feta cheese, brown sugar walnuts and raspberry vinaigrette w/ Blueberry Muffin

Soup of the Day:

French Onion

Every-day offerings

- Soup of the Day • Assorted Fruit • Chef Salad • Deli Sandwich with Chips
• Chicken Strips with Choice of Sides • Grilled Cheese Sandwich with Choice of Sides • Daily Desserts

Breakfast	Lunch	Dinner
Thursday, April 21st		
<ul style="list-style-type: none"> • Eggs Any Style • Oatmeal • Cream of wheat • Sausage Links or Bacon • Toast, Bagel, English muffin • Hash Browns • Cold Cereal • Pancakes 	<p>Chicken Fajita- served with Refried Beans and Spanish Rice</p> <p>Reuben Sandwich- Thinly Sliced Corned Beef, Sauerkraut, Swiss Cheese and 1000 Island Dressing on Grilled Rye Bread served with Fries & a Pickle</p>	<p>Fish & Chips -fried Cod served with Baked Potato Planks and Coleslaw</p> <p>Chicken Carbonara- Diced chicken served in a creamy garlic sauce, topped with Tomato and Bacon served with Breadstick</p>
Friday, April 22nd		
<ul style="list-style-type: none"> • Eggs Any Style • Oatmeal • Cream of wheat • Sausage Links or Bacon • Toast, Bagel, English muffin • Hash Browns • Cold Cereal • French toast 	<p>Hot Pastrami Sandwich- with Swiss Cheese on Rye Bread served with Cucumber Salad and Potatoes O'Brien</p> <p>Ham Dinner- Baked Glazed Ham served with Macaroni & Cheese and Brussel Sprouts</p>	<p>Shrimp Basket -served with French Fries, Hush Puppies and Creamy Coleslaw</p> <p>Club Sandwich- Turkey and Bacon Club Sandwich served with Macaroni Salad and Fresh Fruit</p>
	Soup of the Day:	Tomato
Saturday, April 23rd		
<ul style="list-style-type: none"> • Eggs Any Style • Oatmeal • Cream of wheat • Sausage Links or Bacon • Toast, Bagel, English muffin • Hash Browns • Cold Cereal • Biscuit and gravy 	<p>Roasted Pork Served with Creamy Mashed Potatoes Pork Gravy Mixed Vegetables and Pickled Onions</p>	<p>Cabbage Roll- Hamburger and Rice Stuffed in Cabbage Leaves and Rolled, served with Tomato Sauce, Cheesy Potatoes, and a Roll</p> <p>Mandarin & Pineapple/Cottage Cheese served with a Side Salad, Choice of Dressing, and a Corn Muffin</p>
Sunday, April 24th		
<ul style="list-style-type: none"> • Eggs Any Style • Oatmeal • Cream of wheat • Sausage Links or Bacon • Toast, Bagel, English muffin • Hash Browns • Cold Cereal • Cinnamon Rolls 	<p>Chicken Fried Steak With Country Gravy Mashed Potatoes Steamed Mixed Vegetables Fresh Roll</p>	<p>Chicken Pot Pie -vegetables and chicken in a gravy topped with pastry served with Macaroni Salad and Sliced Beets</p> <p>Fish Sandwich -fried fish patty topped with Cheese Slice, Tartar Sauce served on a bun with Coleslaw and Potato Chips</p>
	Soup of the Day:	Chicken Noodle