



THE HIGHLANDS

A GRACE MGMT COMMUNITY

Always Available

October 2 – October 29

Cheeseburger V*

With Lettuce, Tomato, and Onion

Gluten Free Bun Available – Veggie Burger Available

Cheese Omelet V*

Choice of Toast and Side – Gluten Free Bread Available

Kale and Brussel Sprout Salad V*

Crispy bacon bits, Tomato, Glazed Pecans, Shaved Parm
Dijon Maple Dressing

Teriyaki Grilled Chicken Skewers V*

Over fried rice – Veggie Burger (GF option)

***Gluten Free V Vegetarian**

Fruit
Bacon
Sausage

Veg of the day
French fries
Cottage Cheese