



THE HIGHLANDS
A GRACE MGMT COMMUNITY

Good to Go Dinner Menu \$20 (includes soup or salad, entrée, 2 sides and a dessert)							
	Brunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soups	Basil Tomato	Vegetable	Broccoli Cheese	Salmon Chowder	Pork Stew	Pasta fagioli	Chili
Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Entrees	Pot Roast	Pork Tenderloin	Meatloaf	Turkey/Gravy	Flat Iron Steak	Baked Ham	Parmesan Chicken
	Baked Chicken Thigh	Baked Haddock	Chicken/Lob Sauce	Cod Provecal	Seafood Newburg	Baked Salmon	Corned Beef
Starch	Mashed Potato	Mashed Sweets	Potato Pancakes	Stuffing	Cheesy Mash	Mashed Potato	Boiled Reds
	Rice Pilaf	Herb Quinoa	Mashed Potato	Wild Rice Pilaf	Baked Potato	Parmesan Polenta	Spaghetti
Vegetables	Carrots	Brussel Sprouts	Zucchini	Butternut Squash	Green Beans	Broccoli	Root Vegetables
	Rutabagas	Trio Medley	Beets	Asparagus	Cauliflower	Yellow Squash	Spinach
Desserts	Pumpkin Pie	Coffee Cake	Maple Br Pudding	Apple Cobbler	Carrot Cake	Pecan Pie	Blueberry Chzcke
	PB Cookie	Tiramisu	Orange Cake	Blueb. Coffee Cake	Éclair	Cannoli	French Silk Pie
WEEK OF		October		18th		2026	

***Gluten Free Entrée** **V Vegetarian**

Home Delivery: Sunday 12:30-1:00, Mon-Sat 6:00-6:30 (207) 725-2650 Ext. 136

24 Hr notice is suggested. Highland Green Residents: \$1 delivery fee per address