



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
	Butternut Squash		Cream of Broccoli				
Soups		Minestrone		Tomato	Vegetable	French Onion	Salmon Chowder
Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Entrees	Grilled Swordfish	Salmon Alfredo	Baked Ham	Seafood Newburg	Grilled Chicken	Baked Haddock	Baby Back Ribs
	Shepherd's Pie	Beef Stroganoff	Chicken Parmesan	Pork Tenderloin	Shrimp Salad Roll	Stuffed Mushroom	BBQ Chicken Thigh
Starch	Long Wild Rice	Egg Noodles	Mashed Potato	Mashed Sweets	Baked Potato	Lemon Rice	Baked Potato
	Dill New Potatoes	Lemon Chive Rice	Spag/Marinara	Rice Pilaf	Mushroom Risotto	Herb Roasted Reds	Red Potato Salad
Vegetables	Baby Carrots	Yellow Squash	Corn	Asparagus	Peas	Spinach	Coleslaw
	Brussel Sprouts	Green Beans	Broccoli	Cauliflower	Broccoli Salad	Brussel Sprouts	Corn on Cob
Desserts	Blueberry Pie	Rice Pudding	Apple Pie	Peanut Butter Cookie	Str. Rhubarb Pie	Beignets	Cookie
	Baklava	Carrot Cake	Blueberry Parfait	Lemon Cake	Chocolate Mousse	Pecan Pie	Watermelon
WEEK OF		August		2nd		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