

BREAKFAST
7:30am – 9:30am

LUNCH
11:30am – 1:30pm

DINNER
4:30pm – 6:30pm

The Heritage at Sagewood

Assisted Living | Memory Support

Dining Services
Director
Mike Bradley

Breakfast

Lunch

Dinner

Monday, October 21st

- Eggs Any Style
- Yogurt Banana Split
- Oatmeal - Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin.
- Hash Browns
- Corned Beef Hash
- Cold Cereal
- **Bacon & Egg Croissant**

Stewed Chicken & Noodles –
Slow Cooked Chicken with
Vegetables and Noodles served
with Buttermilk Biscuit & Honey

**All You Can Eat Soup &
Salad Bar**

Chili Cheese Dogs- All Beef
Dogs served in a Bun with
Cucumber Salad and Chips or
French Fries

Swedish Meatballs –
Meatballs in a Mushroom
Brown Sauce served over
Parslied Rice, Roasted Brussel
Sprouts and Sweet Potato

Soup of the Day:

Italian Wedding

Tuesday, October 22nd

- Eggs Any Style
- Yogurt Banana Split
- Oatmeal - Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin
- Hash Browns
- Corned Beef Hash
- Cold Cereal
- **Denver Omelet**

Teriyaki Beef – Tender Beef, Stir
Fry Vegetables Tossed in a Teriyaki
Glaze served over Fried Rice with a
Pork Egg Roll, Fortune Cookie

**All You Can Eat Soup &
Salad Bar**

Pork & Sauerkraut- Pork
Ribs Browned and Slow Braised
with Seasoned Sauerkraut
served with O'Brien Potatoes,
California Blend Vegetable

Tuna Salad Croissant-
Served with Hibiscus Infused
Fruit and Potato Chips

Soup of the Day:

Gingered Carrot

Wednesday, October 23rd

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

Seafood Linguini – Shrimp,
Crab & Lobster Tossed in a Creamy
Sauce with Linguini served with
Sauteed Squash and Garlic Bread

Apple Harvest Salad – Mixed
Greens, Grilled Chicken, Goat
Cheese, Apples, Candied Walnuts,
Red Onion, Dried Cranberries,
Raspberry Vinaigrette

Chicken Divan – Diced
Chicken, Pasta, Broccoli tossed
in a Savory Sauce Topped with
Breadcrumbs and Baked
served with Mixed Vegetable
Amish Beef & Noodles –
Diced Beef Slow Cooked with
Egg Noodles in a Beef Broth
served with Candied Carrots,
Dinner Roll

Soup of the Day:

Red Chili

Every-day offerings

Pan Rainbow Trout – Shrimp Basket – Prime Rib Sandwich – Grilled Chicken Sandwich
Grilled Cheese/Chips – Cheeseburger/Fries – Chicken Strips – Chef Salad

Breakfast**Lunch****Dinner****Thursday, October 24th**

- Eggs Any Style
- Yogurt Banana Split
- Oatmeal - Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin.
- Hash Browns
- Corned Beef Hash
- Cold Cereal
- **Biscuits & Gravy**

Cowboy Stew – Ground Beef, Sausage, Bacon, Pinto Beans, Onion, Potatoes, Corn in a Tomato Broth served with Honey Cornbread for Dipping

All You Can Eat Soup & Salad Bar

Chipped Beef – Beef in a Creamy Sherry Sauce served over Toast Points with Mixed Vegetable

Turkey Melt – Sliced Turkey, Swiss Cheese, Bacon, Tomato on Grilled Sourdough Bread served with Fries

Soup of the Day:

Vegetable Beef

Friday, October 25th

- Eggs Any Style
- Yogurt Banana Split
- Oatmeal - Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin
- Hash Browns
- Corned Beef Hash
- Cold Cereal

Chicken Fajitas – Chicken Breast, Peppers & Onions in a Flour Tortilla served with Refried Beans, Spanish Rice

All You Can Eat Soup & Salad Bar

Spaghetti with Meat Sauce – Thin Spaghetti served with a Beef Meat Sauce, Garlic Toast and Italian Blend Vegetables

Salmon Patties – Infused with Lemon, Garlic & Green Peppers lightly browned and served with Cheesy Potatoes, Peas & Pearl Onions

Soup of the Day:

Chicken Vegetable

Saturday, October 26th

- Eggs Any Style
- Yogurt Banana Split
- Oatmeal - Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin.
- Hash Browns
- Corned Beef Hash
- Cold Cereal
- **Homemade Waffles**

Beef Tips – Tender Braised in a Mushroom Sauce over Garlic Mashed Potatoes served with Buttered Corn and Carrot Cake for Dessert

Chili & Cinnamon Roll- A Nebraska Favorite, Red Chili served with a Jumbo Cinnamon Roll

Lemon Baked Pollock – Pollock Filets in a Lemon Butter served with Wild Rice Pilaf, Chefs Choice Vegetable

Sunday, October 27th

- Eggs Any Style
- Yogurt Banana Split
- Oatmeal - Cream of wheat
- Sausage Links or Bacon
- Toast, Bagel, English muffin.
- Hash Browns
- Corned Beef Hash
- Cold Cereal
- **Apple Fritters**

Fried Chicken Dinner – Deep Fried Golden Brown served with Mashed Potatoes & Gravy, Peas and Carrots, Dinner Roll and Chocolate Cream Pie for Dessert

Cheeseburger Casserole – Ground Beef, Tomato, Onion baked Together in a savory sauce and Topped with Cheese served with California Blend Vegetable

Grilled Cheese Sandwich – Served with a Cup of Tomato Soup and French Fries

Soup of the Day:

Tomato