

Heritage Senior Lunch Menu

June 2021

Mon	Tue	Thu
	1 Heritage <i>Chicken and Waffles, Hash Browns, Honey, Fresh Orange</i>	3 <i>CN Cheeseburger on a WGR Bun, 1/2c Corn, Fresh Banana, Ketchup Packet</i>
7 <i>(4) Cn Fish Sticks, WGR Roll 1/2c Oven Fries, 1/2c Coleslaw, Tartar Sauce, Ketchup</i>	8 <i>CN Meatball & Cheese Sub on a WGR Roll, 1/2c Green Beans, 1/4c Pineapple Tidbits</i>	10 Heritage <i>Cheese Pizza WGR Crust, 1/2c Buttered Corn, Fresh Apple</i>
14 <i>2 CN Turkey Breakfast Sausages, WGR Pancakes, CN Hash Brown, Fresh Orange, Syrup</i>	15 <i>CN BBQ Chicken Sandwich on a WGR Bun, 1/2c Collards, 1/4c Pineapple</i>	17 Heritage <i>Beef & Cheese Quesadilla on a WGR Wrap, 1/2c Heritage Corn Salad, Fresh Banana</i>
21 Heritage <i>Turkey & Cheese on a WGR Wrap, 1/4c Cole Slaw, 1/2c Fresh Watermelon Chunks</i>	22 Heritage <i>WGR Spaghetti w/ Meat Sauce, Heritage Side Salad, Italian Dressing, Fresh Apple</i>	24 Heritage <i>Teriyaki Chicken over Brown Rice, 1/2c Mixed Veg Fresh Orange</i>
28 Heritage <i>Chicken Crunch WGR Wrap w/ 1/2c Slaw, 4oz Kiwi frozen 100% Fruit Cup</i>	29 Heritage <i>Beef & Cheddar on a WGR Bun, 1/2 Oven Fries, 1/4c Diced Pears, Ketchup Packet</i>	<p>Senior Meals are served with 8oz 1% Milk and Bottled Water.</p> <p>All Juices served are 100% and Pasteurized Heritage Nutrition does not use pork or pork products.</p> <p>Menu is Subject to Change.</p>