

The Highlands at Pittsford Weekly Menu #2 – Delivery Service

Please Be Advised All Fresh Catch of the Day Is Subject To Market Availability. And Can Change Without Notice

	Mon. 1/7/2019	Tues. 1/8/2019	Wed. 1/9/2019	Thur. 1/10/2019	Fri. 1/11/2019	Sat. 1/12/2019	Sun. 1/13/2019
Soup of the Day (6 oz.)	Tomato Soup Mushroom Soup	Pasta Faggioli Soup Mushroom Soup	Beef Barley Soup Mushroom Soup	Pumpkin Soup Mushroom Soup	New England Clam Chowder Lentil Soup	Corn Chowder Lentil Soup	Chicken Noodle Soup Lentil Soup
Salad Appetizer (4oz.) Tossed Salad, Pears, Peaches, or Cole Slaw	Ambrosia Salad Tossed or Fruit Salad	Shaved Fennel Orange Salad Tossed or Fruit Salad	Tortellini Salad Tossed or Fruit Salad	Tabbouleh Vegetable Salad Medley Tossed or Fruit Salad	Crispy Asian Slaw Tossed or Fruit Salad	Tomato Cucumber Feta Salad Tossed or Fruit Salad	Tossed Salad, Pears, Peaches, or Cole Slaw Fruit Salad
Chef's Special (4oz. whole meat)	Baked Ham Pineapple Sauce	Chicken Coq au vin Braised Chicken in Red Wine with Mushrooms Pearl Onions	Pork Cutlets Lemon Caper Sauce	Seafood Alfredo Romanesco Scallops, Shrimp Farfalle Pasta in Blush Cream Sauce	Kung Pao Chicken Fried Rice	Grilled Lamb Chops Bordelaise Sauce	Cheese Manicotti Meat Sauce Italian Bread
Salmon –Poached or Grilled (5oz whole meat)	Salmon Poached Or Grilled	Salmon Poached Or Grilled	Salmon Poached Or Grilled	Salmon Poached Or Grilled	Salmon Poached Or Grilled	Salmon Poached Or Grilled	Salmon Poached Or Grilled
Catch of the Day (4oz. whole meat)	NOT AVAILABLE	Salmon Cake Dill Sauce	Fisherman's Platter	NOT AVAILABLE	Fried or Broiled Haddock	NOT AVAILABLE	NOT AVAILABLE
Roast Chicken (4oz. whole meat)	Roast Chicken Dark Or White	Roast Chicken Dark Or White	Roast Chicken Dark Or White	Roast Chicken Dark Or White	Roast Chicken Dark Or White	Roast Chicken Dark Or White	Roast Chicken Dark Or White
Omelet	Asparagus, Sausage, Cheddar Cheese	Asparagus, Sausage, Cheddar Cheese	Asparagus, Sausage, Cheddar Cheese	Spinach, Artichoke, Feta	Spinach, Artichoke, Feta	Spinach, Artichoke, Feta	Spinach, Artichoke, Feta
"Sandwich" (4oz. deli meat)	Southwest Chicken Wrap	Southwest Chicken Wrap	Chicago Style Hot Dog	Chicago Style Hot Dog	Hot Pastrami Swiss on Rye	Hot Pastrami Swiss on Rye	Hot Pastrami Swiss on Rye
Highland Pizza Vegetarian Or Pepperoni & Cheese	Vegetarian or Pepperoni & Cheese	Vegetarian or Pepperoni & Cheese	Vegetarian or Pepperoni & Cheese	Vegetarian or Pepperoni & Cheese	Vegetarian or Pepperoni & Cheese	Vegetarian or Pepperoni & Cheese	Vegetarian or Pepperoni & Cheese
Roasted Potato or Baked Sweet Potato or Mashed Potato Rice Pilaf French Fries Sweet Potato Fries (4oz.)	Steamed Carrots Fresh Green Beans Mash Squash	Turmeric Cauliflower Walnuts Brussel Sprouts Sautéed Yellow Squash	Peas & Pearl Onions Sweet n Sour Red Cabbage Wax Beans with Dill	Roasted Parsnips Broccolini w Garlic Maple Glazed Acorn Squash	Snow Peas w Water Chestnuts Sweet n Sour Carrots Bok Choy	Steamed Asparagus Creamed Spinach Garlic Button Mushrooms	Bermuda Blend Vegetables Corn w Red Peppers
Dessert Special	Bananas Foster Bread Pudding	Chocolate Caramel Pretzel Mousse	Triple Berry Buckle with Vanilla Ice Cream	Citrus Twist Cake	Chocolate Hazelnut Beignets	Italian Lemon Cake	Cheese Cake With Cherry Topping
Write in Menu Change Sign and Date							

The Highlands at Pittsford Weekly Menu #3 – Delivery Service

	Mon. 1/14/2019	Tues. 1/15/2019	Wed. 1/16/2019	Thur. 1/17/2019	Fri. 1/18/2019	Sat. 1/19/2019	Sun. 1/20/2019
Soup of the Day (6oz)	Avgolemono Soup Cream Tomato Soup	Italian Wedding Soup Cream Tomato Soup	Cheese Burger Soup Cream Tomato Soup	White Chicken Chili With Corn Bread Cuban Black Bean Soup	Crab Bisque Cuban Black Bean Soup	Beef Vegetable Rice Soup Cuban Black Bean Soup	Potato Leek Soup Cuban Black Bean Soup
Appetizer Tossed Salad Peaches, Pears Fruit Salad Cole Slaw	Red Beet Salad Tossed or Fruit Salad	Kale Detox Salad Tossed or Fruit Salad	Macaroni Salad Tossed or Fruit Salad	Wheat Berry Waldorf Salad Tossed or Fruit Salad	Tuscan Bean Salad Tossed or Fruit Salad	Strawberry Orange Arugula Salad Tossed or Fruit Salad	Tossed Salad Pears, Peaches, Cole Slaw Fruit Salad
Chef's Special (4oz. whole meat)	Pork Tenderloin Mustard Cream Sauce	Chicken Piccata Lemon Butter Wine Caper Sauce	Memphis Style Beef Brisket BBQ Beans	Baked Pork Chop Cream Mushroom Sauce	Spaghetti Meatballs Italian Bread	Chicken Wellington Bordelaise Sauce	Yankee Beef Pot Roast Roasted Vegetables
Salmon Poached or Grilled (5oz)	Salmon –Poached Grilled (4oz whole meat)	Salmon – Poached Grilled (4oz whole meat)	Salmon –Poached Grilled (4oz whole meat)	Salmon -Poached Grilled (4oz whole meat)	Salmon –Poached Grilled (4oz whole meat)	Salmon –Poached Grilled (4oz whole meat)	Salmon –Poached Grilled (4oz whole meat)
Fresh Catch of Day (5 oz.)	Not Available	Baked Walleye Or Trout	Seafood Newburg Served in Puff Pastry	Baked Cod Puttanesca	Fried Haddock or Broiled	Not Available	Not Available
Roast Chicken (4oz. whole meat)	Roast Chicken White or Dark Meat	Roast Chicken White or Dark Meat	Roast Chicken White or Dark Meat	Roast Chicken White or Dark Meat	Roast Chicken White or Dark Meat	Roast Chicken White or Dark Meat	Roast Chicken White or Dark Meat
Omelet (4oz.)	Spinach Salmon Swiss Omelet	Spinach Salmon Swiss Omelet	Spinach Salmon Swiss Omelet	Spinach Salmon Swiss Omelet	3 Cheese Bacon Omelet	3 Cheese Bacon Omelet	3 Cheese Bacon Omelet
“Sandwich” (5 oz. deli meat)	El Cubano Pork, Ham, Swiss Cheese , Pickle	El Cubano Pork, Ham, Swiss Cheese , Pickle	Italian Beef Melt Provolone Roasted Peppers	Italian Beef Melt Provolone Roasted Peppers	Italian Beef Melt Provolone Roasted Peppers	Grilled Chicken Quesadilla Salsa Guacamole	Grilled Chicken Quesadilla Salsa Guacamole
Vegetarian Options (5 oz.)	Vegetarian Pizza Cheese Pepperoni	Vegetarian Pizza Cheese Pepperoni	Vegetarian Pizza Cheese Pepperoni	Vegetarian Pizza Cheese Pepperoni	Vegetarian Pizza Cheese Pepperoni	Vegetarian Pizza Cheese Pepperoni	Vegetarian Pizza Cheese Pepperoni
Baked Potato Baked Sweet Potato Mash Potatoes French Fries Sweet Potato Fries Chef's Rice (4oz)	Green Beans Almandine Steamed Carrots Roasted Tomatoes	Garlic Escarole Spaghetti Squash With Parmesan Sautéed Julienne Peppers	Baby Carrots With Dill Corn Casserole Peppers French Green Beans	Peas & Pearl Onions Roasted Butternut Squash Creamed Parsnips	California Vegetable Medley Italian Beans w Roasted Shallots Amish Stewed Tomatoes	Sautéed Yellow Squash Steamed Asparagus Roasted Carrots	Yellow Wax Beans Roasted Brussel Sprouts
Dessert Special	Carmel Cinnamon Chip Cake	Blueberry Oat Crisp	Peanut Butter Fudge Brownie	Bread Pudding Vanilla Ice Cream	Tiramisu with Carmel Sauce	Peach Pie	Italian Cannoli's With Spumoni Ice Cream