The Glen at Hiland Meadows
McEchron Dining Room

Starter Options
Creamy Tomato Bisque • Seasonal Salad Bar • Fresh Baked Rolls

Featured Entrées
Slow Roasted Sirloin of Beef
Served with au jus

Stir Fried Shrimp and Vegetables
Served over rice

Traditional Selections Always Available
Fresh Caught Haddock
Baked or Sautéed, with fresh herbs, lemon and Chardonnay

Fresh Caught Grilled Salmon
Accented with a citrus salsa

Grilled Chicken Breast a la Vu
Choose from a variety of special preparations

See back of Menu for Accompaniments, Beverages, and Desserts.
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**Accompaniments**
- Sea Salted Baked Potatoes
- Basmati Rice
- Roasted California Vegetable Medley
- Grilled Zucchini & Summer Squash
- Steamed Broccoli
- *Seasonal Vegetable of the Day*

**Signature Desserts**
- Homemade Apple Cobbler
- Homemade Kahlua Cheesecake
- Fruits of the Forest Pie
- Assorted Ice Creams, Sorbet, & Frozen Yogurt

*Ask for our selection of Sugar-free Desserts,*

**Beverages**
- Coffee & Hot or Iced Tea • Cranberry, Orange, Apple, Tomato & V8 Juice, Milk
- Pepsi, Diet Pepsi, Ginger Ale, Sierra Mist, & Pink Lemonade

Additional nutritional information available upon request.