

# THE HEIGHTS

Hours:

Breakfast: Dine In Only  
7:30am - 9:30 am

## Weekly Menu

Sunday 24	Monday 25	Tuesday 26
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Eggs to Order	Denver Omelette Eggs to Order	French Toast Eggs to Order
Hot/Cold Cereal	Hot/Cold Cereal	Hot/Cold Cereal
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Beef Stew with corn bread	Beef Pot Roast with masehd potatoes and veggies	<b>Taco Tuesday Special:</b> Crunchy Beef Taco served with rice, beans and a cold beer
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Choice of Sandwich or Eggs, Bacon or Sausage, Hashbrown	Choice of Sandwich or Eggs, Bacon or Sausage, Hashbrown	Choice of Sandwich or Eggs, Bacon or Sausage, Hashbrown
Sides: Fresh Green Salad Fresh Fruit Soup: Soup Du Jour	Sides: Fresh Green Salad Fresh Fruit Soup: Tomato Soup	Sides: Fresh Green Salad Fresh Fruit Soup: French Onion
Dessert: Fresh Baked Cookies	Dessert: Fresh Baked Cookies	Dessert: Fresh Baked Cookies
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Chicken Cobb Salad	Grilled Ham and Cheese with tator tots	Roast Beef Wrap with chips
<b>Lite Option</b>	<b>Lite Option</b>	<b>Lite Option</b>
Choice of Sandwich	Choice of Sandwich	Choice of Sandwich
Sides: Fresh Green Salad Fresh Fruit Soup Du Jour	Sides: Fresh Green Salad Fresh Fruit Soup: Tomato Soup	Sides: Fresh Green Salad Fresh Fruit Soup: French Onion
Assorted Desserts	Strawberry Cake	Churros

Lunch 12:00pm - 2:00pm		Dinner: 4:00pm - 5:30pm	
<b>Wednesday 27</b>		<b>Thursday 28</b>	
<b>Breakfast</b>		<b>Breakfast</b>	
Country Scramble Eggs to Order		Waffle Eggs to Order	
Hot/Cold Cereal		Hot/Cold Cereal	
<b>Lunch</b>		<b>Lunch</b>	
Beef or Veggie Hamburger Special with fries		<b>Italian Lunch Special:</b> Chicken Marsala, garlic toast, veggies and a glass of wine	
<b>Alternate</b>		<b>Alternate</b>	
Choice of Sandwich or Eggs, Bacon or Sausage, Hashbrown		Choice of Sandwich or Eggs, Bacon or Sausage, Hashbrown	
Sides: Fresh Green Salad Fresh Fruit Soup: Lentils		Sides: Fresh Green Salad Fresh Fruit Soup: Minestrone	
Dessert: Fresh Baked Cookies		Dessert: Fresh Baked Cookies	
<b>Dinner</b>		<b>Dinner</b>	
Grilled Chicken Breast with rice and broccoli		Cajun Shrimp Bowl	
<b>Lite Option</b>		<b>Lite Option</b>	
Choice of Sandwich		Choice of Sandwich	
Sides: Fresh Green Salad Fresh Fruit Soup: Lentils		Sides: Fresh Green Salad Fresh Fruit Soup: Minestrone	
Mixed Berry Crip		Cheesecake	
<b>Friday 29</b>		<b>Friday 29</b>	
<b>Breakfast</b>		<b>Breakfast</b>	
Breakfast Sandwich Eggs to Order		Breakfast Sandwich Eggs to Order	
Hot/Cold Cereal		Hot/Cold Cereal	
<b>Lunch</b>		<b>Lunch</b>	
BBQ Pork Ribs with baked beans and corn		BBQ Pork Ribs with baked beans and corn	
<b>Alternate</b>		<b>Alternate</b>	
Choice of Sandwich or Eggs, Bacon or Sausage, Hashbrown		Choice of Sandwich or Eggs, Bacon or Sausage, Hashbrown	
Sides: Fresh Green Salad Fresh Fruit Soup: Clam Chowder		Sides: Fresh Green Salad Fresh Fruit Soup: Clam Chowder	
Dessert: Fresh Baked Cookies		Dessert: Fresh Baked Cookies	
<b>Dinner</b>		<b>Dinner</b>	
Sloppy Joe with coleslaw and fries		Sloppy Joe with coleslaw and fries	
<b>Lite Option</b>		<b>Lite Option</b>	
Choice of Sandwich		Choice of Sandwich	
Sides: Fresh Green Salad Fresh Fruit Soup: Clam Chowder		Sides: Fresh Green Salad Fresh Fruit Soup: Clam Chowder	
Apple Pie		Apple Pie	

**Date: 10/24 - 10/30**

**Saturday 30**

**Breakfast**

Eggs to Order

Hot/Cold Cereal

**Lunch**

Hot Dog with fries

**Alternate**

Choice of Sandwich  
or

Eggs, Bacon or Sausage, Hashbrown

Sides:

Fresh Green Salad

Fresh Fruit

Soup:Du Jour

Dessert:

Fresh Baked Cookies

**Dinner**

South Western Salad with  
chicken

**Lite Option**

Choice of Sandwich

Sides:

Fresh Green Salad

Fresh Fruit

Soup:Du Jour

Assorted Desserts