

THE HEIGHTS

Weekly Menu

Hours:

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

Lunch
12:00pm - 2:00pm

Dinner:
4:00pm - 5:30pm

Date: 4/24 - 4/30

Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Eggs to Order	Denver Omelette Eggs to Order	French Toast Eggs to Order	Country Scramble Eggs to Order	Pancake Eggs to Order	Breakfast Sandwich Eggs to Order	Eggs to Order
Hot/Cold Cereal	Hot/Cold Cereal	Hot/Cold Cereal	Hot/Cold Cereal	Hot/Cold Cereal	Hot/Cold Cereal	Hot/Cold Cereal
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Cordon Bleu with roasted potatoes and veggies	Beef Pot Roast with mashed potatoes and green beans	Breaded Shrimp with rice, peas and carrots	Cheeseburger with fries and a watermelon sice	Chicken Alfredo with garlic bread and veggies	Fish & Chips with coleslaw	Baked Tilapia with white rice and veggies
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
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	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	Choice of Sandwich or Eggs, Bacon or Sausage, Hashbrown
Sides: Fresh Green Salad Fresh Fruit Soup Du Jour	Sides: Fresh Green Salad Fresh Fruit Soup:Chicken Noodle	Sides: Fresh Green Salad Fresh Fruit Soup:Tomato	Sides: Fresh Green Salad Fresh Fruit Soup:French Onion	Sides: Fresh Green Salad Fresh Fruit Soup:Cream Of broccoli	Sides: Fresh Green Salad Fresh Fruit Soup:Clam Chowder	Sides: Fresh Green Salad Fresh Fruit Soup Du Jour
Fresh Baked Cookies	Fresh Baked Cookies	Fresh Baked Cookies	Fresh Baked Cookies	Fresh Baked Cookies	Fresh Baked Cookies	Fresh Baked Cookies
Dinner	Dinner	Dinner	Fresh Fruit	Dinner	Dinner	Dinner
Chef's Salad with dinner roll	Southwest Chicken Wrap carrots and celery sticks	Grilled Turkey & Cheese on white bread with potato chips	Stuffed Cabbage Rolls with side salad	Cheese Quesadilla with black bean salad	Chicken Stir Fry over white rice	Chicken A La King over fresh baked biscuit
Lite Option	Lite Option	Lite Option	Lite Option	Lite Option	Lite Option	Lite Option
Choice of Sandwich	Choice of Sandwich	Choice of Sandwich	Choice of Sandwich	Choice of Sandwich	Choice of Sandwich	Choice of Sandwich
Sides: Fresh Green Salad Fresh Fruit	Sides: Fresh Green Salad Fresh Fruit	Sides: Fresh Green Salad Fresh Fruit	Sides: Fresh Green Salad Fresh Fruit	Sides: Fresh Green Salad Fresh Fruit	Sides: Fresh Green Salad Fresh Fruit	Sides: Fresh Green Salad Fresh Fruit
Assorted Desserts	Chocolate Cake	Oreo Cream Pie	Ice Cream Sandwich	Tiramisu	Key Lime Pie	Assorted Desserts