

Breakfast:
7:30am-9:00am
Lunch:
11:30am – 1:00pm
Dinner:
4:30pm – 6:00pm

The Heritage

at Shalimar Gardens

Celebrating **20 years** of living better.

**Michelle
Ireland**
Dining Service
Director

Breakfast

Lunch

Dinner

MONDAY, November 25th

Fresh Eggs Any Style

Scrambled, over
easy/hard/medium
Bacon
Pancakes
Fruit
Oatmeal

Meatloaf

Mashed Potato/Gr
Spinach

Warm Blueberry Cobbler

Soup of the day

Beef Stir Fry

Rice

Brownie Bottom

CHESSCAKE

Soup of the day

TUESDAY, November 26th

Fresh Eggs Any Style

Scrambled, over
easy/hard/medium
Sausage
Coffee Cake
Fruit
Cream of Wheat

Emily's Casserole

Dinner Roll

Cream Puff Dessert

Soup of the day

Hamburger Stroganoff

Carrots

Strawberry Cheesecake

Fluff

Soup of the day

WEDNESDAY, November 27th

Fresh Eggs Any Style

Scrambled, over
easy/hard/medium
Bacon
Yogurt Cup
Fruit
Oatmeal

BBQ Beef

Cheesy Grits

Mixed Vegetable

Rhubarb Crisp

Soup of the day

Chicken Spaghetti

Garlic Cheese Biscuit

Chocolate Éclair Bar

Soup of the day

Everyday offerings:

Soup of the Day, Assorted Fruit- Changes Daily, Chef Salad, Deli Sandwich with Chips, Salmon, Fried Egg, Hamburger

Breakfast

Fresh Eggs Any Style
Scrambled, over
easy/hard/medium
Sausage
Muffin
Fruit
Cream of Wheat

Lunch

THURSDAY, November 28th

THANKSGIVING MEAL
Turkey or Ham
Mashed Potato & Stuffing
Green Bean & Corn Casserole
Pecan & Pumpkin Pie
3 Holiday Salads on Salad Cart
Soup of the day

Dinner

Turkey Noodle Casserole
Peas & Carrots

Ice Cream
Soup of the day

FRIDAY, November 29th

Fresh Eggs Any Style
Scrambled, over
easy/hard/medium
Bacon
French Toast
Fruit
Oatmeal

Tilapia w/ Dill Sauce
Garlic Buttered Noodles
Squash

Banana Bread Cake
Soup of the day

Chicken Philly
French Fries

7 Layer Bar
Soup of the day

SATURDAY, November 30th

Fresh Eggs Any Style
Scrambled, over
easy/hard/medium
Sausage
Biscuit & Gravy
Fruit
Cream of Wheat

Swiss Steak
Baked Potato
Winter Blend

Peach Shortcake
Soup of the day

Vegetable Lasagna
Green Beans
Marbled Cherry Brownie
Soup of the day

SUNDAY, December 1st

Fresh Eggs Any Style
Scrambled, over
easy/hard/medium
Bacon
Cinnamon Roll
Fruit
Oatmeal

Stuffing Topped Chicken
Mashed Potato/Gr
Corn

Pie
Soup of the day

French Toast
Sausage
Cantaloupe

Custard
Soup of the day

Thank you for dining with us!