

BREAKFAST
7:30 AM - 9 AM

LUNCH
11:30 AM - 1 PM

DINNER
4:30 PM - 6 PM

The Heritage at Fox Run

INDEPENDENT
(712)-322-5226

ASSISTED
(712)-256-7617

BREAKFAST	LUNCH	DINNER
MONDAY		
<p>EGGS Scrambled, Cheesy Scrambled, Hard Boiled, Over Easy, Over Medium, Over Hard.</p> <p>COLD CEREAL Cheerios, Corn Flakes, Raisin Bran and Rice Krispies.</p> <p>HOT CEREAL Cream of Wheat.</p> <p>EVERYDAY BREAKFAST OFFERINGS Bacon, Sausage, Hash Browns, Toast (Wheat, White, Raisin, English Muffin), Mandarin Oranges, Prunes, Fresh Fruit, Vanilla Yogurt. Egg Benedict</p>	<p>Meatloaf- Served with Mac & Cheese and Harvard Beets.</p> <p>Taco Salad- with Taco Meat, Lettuce, Tomatoes, Onions, Cheese, Salsa and Sour Cream; Served with Sweet on the Cob.</p> <p>Soup of the day: Chicken Noodle.</p> <p style="text-align: center;">Churros</p>	<p>Caprese Flatbread with Balsamic Glaze- Tomatoes, Mozzarella Cheese, Basil Leaves and Parmesan Cheese on a Naan Bread with a Drizzled of Balsamic Glaze; Served with Cucumber Onion Salad.</p> <p>Tuna Noodle Casserole- Served with Buttered Corn and Broccoli.</p> <p>Soup of the day: Chicken Noodle.</p> <p style="text-align: center;">Ambrosia Salad</p>
TUESDAY		
<p>EGGS Scrambled, Cheesy Scrambled, Hard Boiled, Over Easy, Over Medium, Over Hard.</p> <p>COLD CEREAL Cheerios, Corn Flakes, Raisin Bran and Rice Krispies.</p> <p>HOT CEREAL Oatmeal</p> <p>EVERYDAY BREAKFAST OFFERINGS Bacon, Sausage, Hash Browns, Toast (Wheat, White, Raisin, English Muffin), Mandarin Oranges, Prunes, Fresh Fruit, Vanilla Yogurt. ♥Red Velvet Pancakes with Cream Cheese Glaze♥</p>	<p style="text-align: center;">♥♥♥ HAPPY VALENTINE'S DAY ♥♥♥</p> <p>Garlic Butter Bacon Wrapped Filet- Served with a Twice Baked Potato, Honey Roasted Brussels Sprouts and a Dinner Roll.</p> <p>Add-ons:</p> <ul style="list-style-type: none">♥ Grilled Shrimp.♥ Onion and Mushroom Gravy. <p>Soup of the day: Lobster Bisque. ♥Better Than Love Cake♥ ♥Chocolate-Covered Strawberries♥</p>	<p>Lasagna- Served with Garlic Bread and Vegetable Blend.</p> <p>BLT Sandwich- Bacon, Lettuce and Tomato on Toasted Whole Wheat Bread; Served with French Fries and Fruit.</p> <p>Soup of the day: Creamy Chicken and Mushroom.</p> <p style="text-align: center;">Pudding Parfait</p>
WEDNESDAY		
<p>EGGS Scrambled, Cheesy Scrambled, Hard Boiled, Over Easy, Over Medium, Over Hard.</p> <p>COLD CEREAL Cheerios, Corn Flakes, Raisin Bran and Rice Krispies.</p> <p>HOT CEREAL Malt-o-meal.</p> <p>EVERYDAY BREAKFAST OFFERINGS Bacon, Sausage, Hash Browns, Toast (Wheat, White, Raisin, English Muffin), Mandarin Oranges, Prunes, Fresh Fruit, Vanilla Yogurt. Biscuit and Gravy</p>	<p>Cobb Salad- Lettuce topped with Tomato, Bacon, Chicken, Hard-boiled Eggs, Cucumber, Blue Cheese and Choice of Dressing; Served with a Breadstick.</p> <p>Beef Stroganoff- Beef Strips Smothered in a Sour Cream Mushroom Gravy; Served Over Noodles with Carrots.</p> <p>Soup of the day: French Onion w/ Croutons and Parmesan Cheese.</p> <p style="text-align: center;">Strawberry Rhubarb Pie</p>	<p>Baked Salmon- Served with Mashed Potatoes and Gravy and Roasted Beets.</p> <p>Creamy Mushroom Chicken - Served with Mashed Potatoes and Gravy and Roasted Beets.</p> <p>Soup of the day: French Onion w/ Croutons and Parmesan Cheese.</p> <p style="text-align: center;">Peach Cobbler</p>

Anna di J. MBA. RWJ

EVERYDAY LUNCH AND DINNER OFFERINGS-

We encourage you to order these items by 10 AM and 3 PM to minimize your waiting time.
Baked Potato, Baked Chicken Breast, 3 Bean Salad, Chicken Tenders, Hamburgers, Hot Dog, Grilled Cheese,
Ham/Turkey Sandwich, French Fries, Sweet Potato Fries, Onion Rings, Chef Salad, Fruit Plate w/ Cottage Cheese,
and Peanut Butter and Jelly Sandwich

Breakfast

Lunch

Dinner

THURSDAY

EGGS

Scrambled, Cheesy
Scrambled, Hard
Boiled, Over Easy,
Over Medium,
Over Hard.

COLD CEREAL

Cheerios, Corn
Flakes, Raisin Bran
and Rice Krispies.

HOT CEREAL

Cream of Wheat

EVERYDAY BREAKFAST OFFERINGS

Bacon, Sausage, Hash Browns, Toast
(Wheat, White, Raisin, English Muffin),
Mandarin Oranges, Prunes, Fresh Fruit,
Vanilla Yogurt.

Cinnamon Rolls

 **HAPPY THANKSGIVING** 

Roast Turkey- Served with Cranberry Sauce,
Mashed Potatoes and Gravy, Dressing, Green
Bean Casserole, Sweet Potato Casserole and a
Dinner Roll.

Soup of the day: Butternut Squash.

 **Pumpkin Pie** 
 **Cranberry Apple Pie** 

Chili- Served with a Cinnamon Roll and a Side
Salad.

Tuna Melt Sandwich- features Tuna Salad,
Cheddar Cheese, and Sliced Tomatoes on
Grilled Whole Wheat Bread; Served with
Onion Rings and a Side Salad.

Soup of the day: Broccoli Cheese.

Apple Crisp

FRIDAY

EGGS

Scrambled, Cheesy
Scrambled, Hard
Boiled, Over Easy,
Over Medium,
Over Hard.

COLD CEREAL

Cheerios, Corn
Flakes, Raisin Bran
and Rice Krispies.

HOT CEREAL

Oatmeal

EVERYDAY BREAKFAST OFFERINGS

Bacon, Sausage, Hash Browns, Toast
(Wheat, White, Raisin, English Muffin),
Mandarin Oranges, Prunes, Fresh Fruit,
Vanilla Yogurt.

Corned Beef Hash

Sloppy Joes- Served with Tater Tots and
Broccoli Salad.

Garlic Parmesan Chicken Wings- Served
with French Fries, Carrots, Celery and Ranch
on the Side.

Soup of the day: Cabbage, Sausage and Potato
Soup.

Scotcheroos

Mississippi Pot Roast- Chuck Roast, Gravy,
and Pepperoncini Peppers; Served with
Mashed Potatoes and Gravy and Green Beans.

Apple Pork Chops- Served with Parmesan
Grits and Green Beans.

Soup of the day: Cabbage, Sausage and
Potato Soup.

Lemon Cake

SATURDAY

EGGS

Scrambled, Cheesy
Scrambled, Hard
Boiled, Over Easy,
Over Medium,
Over Hard.

COLD CEREAL

Cheerios, Corn
Flakes, Raisin Bran
and Rice Krispies.

HOT CEREAL

Malt-o-meal.

EVERYDAY BREAKFAST OFFERINGS

Bacon, Sausage, Hash Browns, Toast
(Wheat, White, Raisin, English Muffin),
Mandarin Oranges, Prunes, Fresh Fruit,
Vanilla Yogurt.

Apple or Cherry Turnover

 **MERRY CHRISTMAS** 

Prime Rib- Served with a Loaded Baked
Potato (Butter, Sour Cream, Green Onions,
Chopped Broccoli, Bacon Crumbles and
Cheese), Lemon Garlic Asparagus and a
Dinner Roll.

Soup of the day: Broccoli Cheese.

 **Tres Leches Cake** 

Beef Stew with Carrots & Potatoes- Served
with a Biscuit and a Side Salad.

Chicken Parmesan- Served with Spaghetti
w/ Marinara Sauce and Roasted Zucchini.

Soup of the day: Potato.

Mandarin Orange Jello Salad

SUNDAY

EGGS

Scrambled, Cheesy
Scrambled, Hard
Boiled, Over Easy,
Over Medium,
Over Hard.

COLD CEREAL

Cheerios, Corn
Flakes, Raisin Bran
and Rice Krispies.

HOT CEREAL

Oatmeal

EVERYDAY BREAKFAST OFFERINGS

Bacon, Sausage, Hash Browns, Toast
(Wheat, White, Raisin, English Muffin),
Mandarin Oranges, Prunes, Fresh Fruit,
Vanilla Yogurt.

Sausage Skillet

Fried Chicken- Served with Battered Corn
and Broccoli

Sloppy Joes- Served with Fries and Cucumber
Tomato Salad.

Soup of the day: Gumbo.

Pineapple Upside Down Cake

French Dip Sandwich- Roast Beef on a
Hoagie Roll topped with Provolone Cheese,
Onions, and served with a Beef Broth on the
Side; Served with French Fries and Coleslaw.

Chicken Piccata- features Chicken Breasts
simmered in a Capers and White Wine Sauce;
Served with a Baked Potato and Vegetable
Blend.

Soup of the day: Gumbo.

Banana Bread

PEPSI BEVERAGES OFFERED DAILY AT LUNCH

Pepsi, Diet Pepsi, Mountain Dew, Diet Mountain Dew, Lemonade, Pepsi Wild Cherry, Dr. Pepper, Diet Dr. Pepper.