

BREAKFAST
8am – 9am

LUNCH
12am – 1pm

DINNER
5pm – 6pm

The Heritage at Fox Run Dining

Leslie Mason
DINING SERVICE
DIRECTOR

Breakfast

Lunch

Dinner

Monday

<ul style="list-style-type: none"> • Cold Cereal • Cream of Wheat • Choice of Eggs Scrambled Eggs, Over Med Eggs, Over Hard Eggs • Waffles with Strawberry Topping • Water, Coffee • Grapefruit & Prunes • Choice of Juice Prune, Grape, Orange, Cranberry, V-8 Juice 	<ul style="list-style-type: none"> • Cookies Salad • Beef Brisket with Baked Potato, Butter, Sour Cream, Asparagus, Dinner Roll • Mediterranean Salmon with Baked Potato, Butter, Sour Cream, Asparagus, Dinner Roll • Strawberry Short Cake 	<ul style="list-style-type: none"> • Chicken Stripes with BBQ Sauce, with Steamed Carrots, Potato Salad • Shepherd's Pie with Carrots, Dinner Roll • Brownies
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Tuesday

<ul style="list-style-type: none"> • Cold Cereal • Cream of Wheat • Choice of Eggs Scrambled Eggs, Over Med Eggs, Over Hard Eggs • Pancakes, Bacon • Water, Coffee • Grapefruit & Prunes • Choice of Juice Prune, Grape, Orange, Cranberry, V-8 Juice 	<ul style="list-style-type: none"> • Strawberry Delight Salad • Italian Sausage with Onion, Pepper with Roasted Red Potato, Steamed Broccoli, Dinner Roll • Pork Cutlets with Gravy, Roasted Red Potato, Broccoli, Dinner Roll • Betty Raygor Birthday Cake From Hy-Vee 	<ul style="list-style-type: none"> • Cheese Manicotti with Sauce, Cheese on Top, Vegetable Blend, Dinner Roll • Beef Fajita with Onion, Pepper, Spanish Rice, Vegetable Blend, Dinner Roll • Chocolate Pudding with Topping
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Wednesday

<ul style="list-style-type: none"> • Cold Cereal • Cream of Wheat • Choice of Eggs Scrambled Eggs, Over Med Eggs, Over Hard Eggs • Cinnamon Roll with Icing, Bacon • Water, Coffee • Grapefruit & Prunes • Choice of Juice Prune, Grape, Orange, Cranberry, V-8 Juice 	<ul style="list-style-type: none"> • Orange Fruit Fluff • Open Face Roast Beef Sandwich with Mashed Potato & Gravy, Green Beans • Oven Fried Chicken Thigh with Mashed Potato & Gravy, Green Beans • Cherry Pie 	<ul style="list-style-type: none"> • Pepperoni Pizza with Side Lettuce Salad Choice Dressing (Ranch, French, Italian, Dorothy Lynch) • Cottage Cheese & Fruit Plates with Melon & Grapes • Jell-O Cake
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Every day offerings

- Cottage Cheese & Fruit Plates • Chef Salad • Deli Sandwich with Chips
- Chicken Salad Sandwich • Hamburger on a Bun • Hot Dog on a Bun

Breakfast

Lunch

Dinner

Thursday

- Cold Cereal
- Cream of Wheat
- Choice of Eggs Scrambled Eggs, Over Med Eggs, Over Hard Eggs
- Cherry Sticks, Sausage Links
- Water, Coffee
- Grapefruit & Prunes
- Choice of Juice Prune, Grape, Orange, Cranberry, V-8 Juice

- Watergate Salad
- Stuffed Broccoli & Cheese Chicken Breast with Wild Rice, Bails Zucchini, Dinner Roll
- Scalloped Potato with Diced Ham, Bails Zucchini, Dinner Roll
- Pineapple UP-Side Down Cake

- Tuna Noodles Casserole with Brussel Sprout, Garlic Bread
- Club Sandwich with Lettuce, Tomato, BBQ Chips
- Butterscotch Pudding with Topping

Friday

- Cold Cereal
- Cream of Wheat
- Choice of Eggs Scrambled Eggs, Over Med Eggs, Over Hard Eggs
- Danish, Sausage Links
- Water, Coffee
- Grapefruit & Prunes
- Choice of Juice Prune, Grape, Orange, Cranberry, V-8 Juice

- Cucumber & Onion Salad
- Grilled Hamburger on a Bun with Lettuce, Tomato, Onion, Pickles, Pasta Salad & Coleslaw
- Grilled Chicken Caesar Salad with Romaine Lettuce, Grilled Chicken, Crotons
- Fresh Fruit Cup

- Cheese Omelets with Bacon, Hash-brown
- French Toast with Bacon, Hash-brown
- Tropical Fruit Cup

Saturday

- Cold Cereal
- Cream of Wheat
- Choice of Eggs Scrambled Eggs, Over Med Eggs, Over Hard Eggs
- Sausage Gravy over a Biscuit
- Water, Coffee
- Grapefruit & Prunes
- Choice of Juice Prune, Grape, Orange, Cranberry, V-8 Juice

- Blueberries Delight
- Shrimp & Scalloped Alfredo Over Rice, Vegetable Blend, Garlic Bread-Sticks
- Sweet & Sour Pork Over Rice, Vegetable Blend, Garlic Bread-Sticks
- Carrot Cake with Icing

- Chicken Noodles Casserole with Vegetable Blend, Dinner Roll
- Stuffed Pepper Casserole with Vegetable Blend, Dinner Roll
- Vanilla Pudding with Topping

Sunday

- Cold Cereal
- Cream of Wheat
- Choice of Eggs Scrambled Eggs, Over Med Eggs, Over Hard Eggs
- Muffin, Sausage Links
- Water, Coffee
- Grapefruit & Prunes
- Choice of Juice Prune, Grape, Orange, Cranberry, V-8 Juice

- Cinnamon Applesauce
- Fried Chicken Legs with Mashed Potato & Gravy, Vegetable Blend, Dinner Roll
- Beef Stroganoff Over Mashed Potato, Vegetable Blend, Dinner Roll
- Cheesecake with Topping

- Cheeseburger on a Bun with Lettuce, Tomato, Onions, Pickles & French Fries, Broccoli Salad
- Polish Sausage on a Bun with French Fires, Broccoli Salad
- Apricot Fruit Cup

Thank you for dining with us!