

SAMPLE MENU:

BREAKFAST

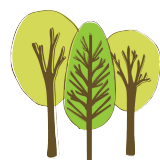
NOON

EVENING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Choice of Juice Choice of Cereal Scrambled Eggs Frosted Cinnamon Roll Strawberries Milk	Choice of Juice Choice of Cereal Egg Bites Toast & Butter / Jelly Pears Milk	Choice of Juice Choice of Cereal Fried Egg Toast w/ Jelly Banana Milk	Choice of Juice Choice of Cereal French Toast / Syrup Sausage Patty Cinnamon Baked Apples Milk	Choice of Juice Choice of Cereal Biscuits & Sausage Gravy Toast w/ Jelly Apricots Milk	Choice of Juice Choice of Cereal Egg Bake Pumpkin Streusel Coffee Cake Blueberries & Milk	Choice of Juice Choice of Cereal Fried Egg Toast w/ Jelly Mixed Fruit Milk
Honey Baked Ham (ALT: Baked Chicken) Cheddar Mashed Potatoes Vegetable Blend Roll w/ Butter Pie Milk	Maple Bacon Chicken Sandwich (ALT: Meatball Sub) French Fries Hot Spiced Beets Carrot Cake Milk	Baked Ziti (ALT: Stuffed Chicken) Baked Potato Seasonal Veggies Garlic Toast Pumpkin Dessert Milk	Herb Pork Loin (ALT: Breaded Fish Fillet) Candy Sweet Potato Buttered Peas Bread/Butter Lemon Lime Delight Milk	Pepper Steak (ALT: Baked Pork Chop) Mashed Potatoes Scandinavian Veg. Bread/Butter Toffee Bar Blondie Milk	Citrus Salmon (ALT: Ham Steak) Au Gratin Potatoes Broccoli Fruited Gelatin Milk	Chicken Quarters (ALT: Pork Tenderloin on Bun) Ranch Potatoes Mixed Veggies Bread/Butter Cookie Milk
Tuna Mac & Cheese (ALT: Cheddar Omelet) Green Beans Bread/Butter Apricots Milk	Taco Soup (ALT: Scalloped Potatoes and Ham) Cheese Quesadilla Side Salad w/Dres. Chilled Fruit Milk	Hot Turkey Sand. (ALT: Country Fried Steak) Mashed Potatoes Gravy Winter Fruit Cup Milk	French Onion Beef & Noodle Soup (ALT: Cold Cut Sandwich) Potato Chips Sweet Corn Salad Garlic Chs Bread Pears Milk	Chicken and Waffles (ALT: Hamburger on Bun) Tater Tots Carrots Banana Berry Cup Milk	Brat on Bun (ALT: Loaded Baked Potato) Corn Peaches Texas Sheet Cake Milk	Beef Barley Soup (ALT: Chef Salad) 1/2 Egg Salad Snd. Cream Coleslaw Crackers Mandarin Oranges Milk

GUESTS ARE WELCOME TO DINE WITH US!

- Call 319-343-0024 for weekly menu
 - Leave number of guests & entrée choice
- Guest meals are \$10 each
- 24-hour notice is appreciated



CenterPoint Heights
A Senior Living Community

319-343-0024 | CenterPointHeights.com
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