





Cycle I, 2018

Rockport Senior Living

Week 1

Meal	Sunday October 28, 2018	Monday October 29, 2018	Tuesday October 30, 2018	Wednesday October 31, 2018	Thursday November 1, 2018	Friday November 2, 2018	Saturday November 3, 2018
B R E A K F A S T	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Breakfast Sandwich Hash Browns OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry Grape, Tomato Juice, Milk Coffee or Tea Pancakes Link Sausage OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry, Grape, Tomato Juice, Milk Coffee or Tea Eggs Cooked to Order Toast Bacon OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea
L U N C H	BBQ Ribs JoJo Potatoes Baked Beans Baked Dinner Rolls Butter/Margarine Dutch Apple Pie Beverage of Choice	Cream of Vegetable Soup Turkey Burger with Bacon, Lettuce and Tomato French Fries Raspberry Blushing Peaches Beverage of Choice 	Chicken Noodle Soup Swedish Meatballs Mixed Vegetables Pineapple Beverage of Choice	HALLOWEEN LUNCHEON WEAR YOUR COSTUMES! 	Cream of Celery Soup Tuna Noodle Casserole Broccoli Tropical Fruit Beverage of Choice	Tomato Florentine Triple Grilled Cheese Sandwich Breaded Zucchini Fruited Jello Beverage of Choice	Philadelphia Cheese Steak Soup Pulled Pork Sandwich Bourbon Molasses Baked Beans Cinnamon Applesauce Beverage of Choice
D I N N E R	Chicken Kiev Malibu Vegetables Whole Fruit Ice Cream Treats Beverage of Choice 	Spaghetti with Meat Sauce Green Beans Poppyseed Salad Garlic Toast Carrot Cake Beverage of Choice	Cashew Chicken Rice Pilaf Vegetable Egg Roll Fresh Baked Dinner Rolls Butter/Margarine Lemon Mousse Beverage of Choice	Meatloaf Mashed Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Peach Cobbler Beverage of Choice	Apricot Glazed Porkchops Wild Rice Carrots Fresh Baked Dinner Rolls Butter/Margarine Brownies Beverage of Choice	Lemon Pepper Baked Cod Cabbage and Noodles Beet Salad Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes Beverage of Choice 	Chopped Steak with Mushrooms and Onions Baked Potatoes with Sour Cream and Butter California Vegetables Baked Dinner Rolls Butter/Margarine Strawberry Rhubarb Pie Beverage of Choice
A L T	Corn Beef and Swiss Cheese Sandwich or Club Salad	Corn Beef and Swiss Cheese Sandwich or Club Salad	Corn Beef and Swiss Cheese Sandwich or Club Salad	Corn Beef and Swiss Cheese Sandwich or Club Salad	Corn Beef and Swiss Cheese Sandwich or Club Salad	Corn Beef and Swiss Cheese Sandwich or Club Salad	Corn Beef and Swiss Cheese Sandwich or Club Salad

Beverages of Choice: Coffee (Regular/Decaf)
Milk, Ice Tea, Hot Tea, Orange, Cranberry and
Vegetable Juices

Crackers offered with all soups

Sugar Free or Low Sugar Desserts
Available Upon Request

Cygnit Menu Management System®
-- U.S. Foodservice™

*There may be some variation of items served according to the likes and dislikes.

Meal	Sunday November 4, 2018	Monday November 5, 2018	Tuesday November 6, 2018	Wednesday November 7, 2018	Thursday November 8, 2018	Friday November 9, 2018	Saturday November 10, 2018
B R E A K F A S T	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Sausage and Fresh Fruit OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Cheese Omelet Hash Browns OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Scrambled Eggs Bacon Toast OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea
L U N C H	Baked Quartered Chicken Augratin Potatoes Zucchini Fresh Baked Dinner Rolls Butter/Margarine Blackberry Cobbler with Ice Cream Beverage of Choice	Chicken Noodle Soup Roast Beef and Swiss Cheese Sandwich Macaroni Salad Mandarine Oranges Beverage of Choice	Knickerbocker Soup Bacon, Lettuce and Tomato Sandwich French Fries Cinnamon Applesauce Beverage of Choice  ELECTION DAY	Cream of Vegetable Soup Grilled Hot Dogs Sweet Potato Fries Sliced Pears Beverage of Choice	Split Pea Soup Harvest Salad Cottage Cheese with Fresh Fruit Fresh Baked Dinner Rolls Butter/Margarine Beverage of Choice	Potato and Ham Chowder Italian Sausage Sub with Peppers and Onions Broccoli Pasta Salad Fruited Jello Beverage of Choice	Tomato Rice Soup Grilled Ham and Cheese Sandwich Marinated Cucumber Salad Pineapple Beverage of Choice 
D I N N E R	Pepperoni Flatbread Pizza Tossed Salad Whole Fruit Chocolate Eclairs Beverage of Choice 	Whole Wheat Baked Ziti Italian Vegetables Caesar Salad Garlic Toast Sorbet Beverage of Choice	Swiss Cheese Chicken Parmesan Garlic Redskin Potatoes Green Beans Fresh Baked Dinner Rolls Butter/Margarine Tango Pudding Beverage of Choice	Beef Stir Fry White Rice Egg Roles Fresh Baked Dinner Rolls Butter/Margarine Boston Cream Pie Beverage of Choice	Honey Glazed Turkey Breast Baked Sweet Potatoes Peas Cranberry Sauce Corn Muffins Pumpkin Pie Beverage of Choice 	Parmesan Basil Cod Buttered Noodles Parsley Carrots Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Stuffed Cabbage Scalloped Potatoes Malibu Vegetables Fresh Baked Dinner Rolls Butter/Margarine Angel Food Cake with Peaches Beverage of Choice
A L T	Salami and Cheese Sandwich or Chef Salad	Salami and Cheese Sandwich or Chef Salad	Salami and Cheese Sandwich or Chef Salad	Salami and Cheese Sandwich or Chef Salad	Salami and Cheese Sandwich or Chef Salad	Salami and Cheese Sandwich or Chef Salad	Salami and Cheese Sandwich or Chef Salad






Beverages of Choice: Coffee (Regular/Decaf)
Milk, Ice Tea, Hot Tea, Orange, Cranberry and
Vegetable Juices

Crackers offered with all soups

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Meal	Sunday November 11, 2018	Monday November 12, 2018	Tuesday November 13, 2018	Wednesday November 14, 2018	Thursday November 15, 2018	Friday November 16, 2018	Saturday November 17, 2018
B R E A K F A S T	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Waffles with Syrup and Butter Sausage OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Waffles with Syrup and Butter Sausage OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	BREAKFAST BUFFET 9:00-1:00 	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea
L U N C H	Roast Beef Mashed Potatoes Glazed Carrots Fresh Baked Dinner Rolls Butter/Margarine Berry Cobbler Beverage of Choice	Cream of Winter Soup Chicken Salad Sandwich With Lettuce and Tomato Fresh Fruit with Cottage Cheese Beverage of Choice	Garden Vegetable Soup Turkey Tetrazzini Green Beans Berry Cup Beverage of Choice 	Chicken Florentine with Rice Soup Mushroom/Swiss Cheese Burger with Lettuce and Tomato Macaroni and Cheese Tropical Fruit Beverage of Choice	Tuscan Bean and Kale Soup Greek Chicken with Feta Salad Fresh Baked Dinner Rolls Butter/Margarine Sliced Pears Beverage of Choice	BREAKFAST BUFFET! 	Mushroom Barley Soup Bacon Macaroni and Cheese Stewed Tomatoes Bread Stix Apricot Halves Beverage of Choice
D I N N E R	Pulled Pork Sliders Couscous Salad Quartered Oranges Fresh Baked Cookies Beverage of Choice 	Salisbury Steak Garden Rice Tuscan Vegetables Fresh Baked Dinner Rolls Butter/Margarine Black Forest Cake Beverage of Choice	Stuffed Shells Italian Vegetables Poppysed Salad Garlic Toast Sorbet Beverage of Choice	Beef Bourguignonne over Noodles Corn Fresh Baked Dinner Rolls Butter/Margarine Rice Pudding Beverage of Choice	Pork Roast Sweet Potatoes Steamed Broccoli Corn Muffins Pecan Pie Beverage of Choice 	Fish and Chips Cole Slaw Applesauce Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Swiss Steak Prince Edward Vegetables Italian Herbed Red Skin Potatoes Fresh Baked Dinner Rolls Butter/Margarine Fruit Pie Beverage of Choice
A L T	Ham and Cheese Sandwich or Spinach Bacon Salad	Ham and Cheese Sandwich or Spinach Bacon Salad	Ham and Cheese Sandwich or Spinach Bacon Salad	Ham and Cheese Sandwich or Spinach Bacon Salad	Ham and Cheese Sandwich or Spinach Bacon Salad	Ham and Cheese Sandwich or Spinach Bacon Salad	Ham and Cheese Sandwich or Spinach Bacon Salad






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Cycle I, 2018		Rockport Senior Living						Week 4
Meal	Sunday October 21, 2018	Monday October 22, 2018	Tuesday October 23, 2018	Wednesday October 24, 2018	Thursday October 25, 2018	Friday October 26, 2018	Saturday October 27, 2018	
B R E A K F A S T	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea French Toast Bacon Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Scrambled Eggs Biscuits Grits Toast OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Eggs Cooked to Order Link Sausage Toast OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	
L U N C H	Beef Short Ribs with Gravy Mashed Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Apple Dumplings Beverage of Choice	Stuffed Pepper Soup Stuffed Baked Potatoes Bread Stix Sliced Peaches Beverage of Choice	Creamy Chicken Dumpling Soup Fish Melt Cole Slaw Pear Delight Beverage of Choice 	Beef Vegetable Noodle Soup Fried Bologna Sandwich French Fries Cinnamon Apple Sauce Beverage of Choice  NATIONAL BOLOGNA DAY	Corn Chowder Beef and Macaroni Tossed Salad Garlic Toast Berry Cup Beverage of Choice	Tomato Soup Grilled Ham and Cheese Sandwich Macaroni Salad Blueberry Ambrosia Salad Beverage of Choice	Cheesy Broccoli Soup BLT Sandwich Breaded Vegetables Jello with Mini Marshmallows Beverage of Choice 	
D I N N E R	Rancher Chicken Sandwich Tomato Spoon Salad Quartered Oranges Fresh Baked Cookies Beverage of Choice 	Veal Paprikash Dumplings Green Beans Fresh Baked Dinner Rolls Butter/Margarine Fruit Crisp Beverage of Choice	Chopped Steak with Mushroom Gravy Parsley Buttered Noodles Glazed Carrots Fresh Baked Dinner Rolls Butter/Margarine Orange Dream Cake Beverage of Choice	Turkey Bake Mashed Sweet Potatoes Cranberry Sauce Fresh Baked Dinner Rolls Butter/Margarine Butterscotch Pudding Beverage of Choice	Pork Roast Potato Pancakes Red Cabbage Fresh Baked Dinner Rolls Butter/Margarine Red Raspberry Pie Beverage of Choice 	Beer Battered Shrimp Fried Rice Roasted Zucchini Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Swiss Steak Broccoli Au gratin Potatoes Fresh Baked Dinner Rolls Butter/Margarine Angel Food Cake with Blueberries Beverage of Choice	
A L T	Turkey and Cheese Sandwich or Pecan Mandarin Orange Salad	Turkey and Cheese Sandwich or Pecan Mandarin Orange Salad	Turkey and Cheese Sandwich or Pecan Mandarin Orange Salad	Turkey and Cheese Sandwich or Pecan Mandarin Orange Salad	Turkey and Cheese Sandwich or Pecan Mandarin Orange Salad	Turkey and Cheese Sandwich or Pecan Mandarin Orange Salad	Turkey and Cheese Sandwich or Pecan Mandarin Orange Salad	

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