




Cycle I, 2018

Rockport Senior Living

Week 2

Meal	Sunday December 2, 2018	Monday December 3, 2018	Tuesday December 4, 2018	Wednesday December 5, 2018	Thursday December 6, 2018	Friday December 7, 2018	Saturday December 8, 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 Egg McMuffin 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 Scrambled Eggs Bacon Scones 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 French Toast 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	BBQ Ribs JoJo Potatoes Baked Beans Fresh Baked Dinner Rolls Butter/Margarine Apple Cobbler Ala Mode Beverage of Choice 	Chicken Noodle Soup Black Jack Burger with Lettuce and Tomato French Fries Cottage Cheese and Fruit Beverage of Choice	Corn Chowder Sweet and Sour Meatballs White Rice Mixed Vegetables Mandarine Oranges Beverage of Choice	Lentil Bean Soup Philly Steak Sandwich with Peppers and Onions Breaded Vegetables Applesauce Beverage of Choice 	Cream of Mushroom Soup Balsamic Chicken Salad Mini Croissants Berry Cup Beverage of Choice	Cheeseburger Soup New York Deli Hot Dogs Tater Tots Apricot Halves Beverage of Choice 	Vegetable Pork Noodle Soup Chicken Fingers with Dipping Sauces Broccoli Cauliflower Salad Fruited Jello Beverage of Choice
D I N N E R	Tennessee Fried Chicken Sandwich Cole Slaw Whole Fruit Ice Cream Treats Beverage of Choice	Cheese Tortellini with Alfredo Sauce Broccoli Caesar Salad Garlic Toast Banana Cake Beverage of Choice	Ritz Butter Chicken Breast Glazed Carrots Fingerling Potatoes Fresh Baked Dinner Rolls Butter/Margarine Tango Pudding Beverage of Choice 	Beef Stir Fry Noodles Peas Fresh Baked Dinner Rolls Butter/Margarine Apple Cherry Crisp Beverage of Choice	Breaded Pork Chop Sweet Potatoes Capri Vegetables Fresh Baked Dinner Rolls Butter/Margarine Chocolate Cream Pie Beverage of Choice 	Garlic and Herb Baked Haddock Garden Rice Spinach Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Veal Marsala Baked Potato with Sour Cream and Butter Green Beans Fresh Baked Dinner Rolls Butter/Margarine Brownies Beverage of Choice
A L T	Corned Beef and Cheese Sandwich or Mandarin Orange Pecan Salad	Corned Beef and Cheese Sandwich or Mandarin Orange Pecan Salad	Corned Beef and Cheese Sandwich or Mandarin Orange Pecan Salad	Corned Beef and Cheese Sandwich or Mandarin Orange Pecan Salad	Corned Beef and Cheese Sandwich or Mandarin Orange Pecan Salad	Corned Beef and Cheese Sandwich or Mandarin Orange Pecan Salad	Corned Beef and Cheese Sandwich or Mandarin Orange Pecan 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™

**VEGAN PROTEIN AVAILABLE FOR ALL SALADS – PLEASE ASK YOUR
SERVER**

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









Meal	Sunday December 9, 2018	Monday December 10, 2018	Tuesday December 11, 2018	Wednesday December 12, 2018	Thursday December 13, 2018	Friday December 14, 2018	Saturday December 15, 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 Mini Grand Slam 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 Muffins 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 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	Roast Beef Loaded Mashed Potatoes Peas and Carrots Fresh Baked Dinner Rolls Butter/Margarine Strawberry Rhubarb Pie Beverage of Choice 	French Onion Soup with Cheese and Croutons Bratwurst Sub Sandwich Green Bean Salad Fruit Cocktail Beverage of Choice	Lemon Chicken Orzo Soup Macaroni and Cheese Stewed Tomatoes Breadstix Tropical Fruit Beverage of Choice 	MEALS DELIVERED TO YOUR SUITE Chicken Salad Sandwich Fruit Cup Cookies Milk or Juice	Kale, White Bean and Sausage Soup Bacon, Lettuce and Tomato Sandwich Onion Rings Pineapple Beverage of Choice	Garden Vegetable Barley Soup Stuffed Chicken Broccoli Parmesan Garlic Roasted Potatoes Cinnamon Apple Sauce Beverage of Choice 	Minestrone Soup Meatball Sub Sandwich Pasta Salad Sliced Pears Beverage of Choice
D I N N E R	Pulled Pork Sandwich Potato Chips 5-Cup Salad Fresh Baked Cookies Beverage of Choice	Baked Herbed Chicken Thighs Asparagus Potatoes O'Brien Fresh Baked Dinner Rolls Butter/Margarine Orange Dream Cake Beverage of Choice	Beef Stew Over Dumplings 3-Bean Salad Corn Muffins Lemmon Mousse Beverage of Choice 	ANNUAL HOLIDAY SPAGHETTI DINNER!!!!!!! 	Sweet and Sour Pork Tenderloin Red Cabbage White Rice Fresh Baked Dinner Rolls Butter/Margarine Pecan Pie Beverage of Choice	Cracker Crusted Haddock Spinach Noodles Jefferson Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Short Ribs Yukon Gold Mashed Potatoes Corn Sweet Bread Cupcakes Beverage of Choice 
A L T	Roast Beef and Cheese Sandwich or Italian Salad	Roast Beef and Cheese Sandwich or Italian Salad	Roast Beef and Cheese Sandwich or Italian Salad	Roast Beef and Cheese Sandwich or Italian Salad	Roast Beef and Cheese Sandwich or Italian Salad	Roast Beef and Cheese Sandwich or Italian Salad	Roast Beef and Cheese Sandwich or Italian 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

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Cycle I, 2018		Rockport Senior Living						Week 4
Meal	Sunday December 16, 2018	Monday December 17, 2018	Tuesday December 18, 2018	Wednesday December 19, 2018	Thursday December 20, 2018	Friday December 21, 2018	Saturday December 22, 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 Pancakes with Butter and Syrup 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, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Egg Sandwich on a Croissant 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	BREAKFAST BUFFET! 	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	Cranberry Baked Ham Green Beans Baked Sweet Potatoes Fresh Baked Dinner Rolls Butter/Margarine Peach Pie Ala Mode Beverage of Choice 	Cream of Broccoli Soup Grilled Chicken Sandwich with Lettuce and Tomato Corn Nuggets Pear Delight Beverage of Choice	Tomato Soup Triple Grilled Cheese Sandwich Macaroni Salad Peach Fluff Beverage of Choice 	Chicken Florentine Rice Soup Grilled Hot Dogs French Fries Fruited Jello Beverage of Choice	Alphabet Vegetable Soup Bacon Cheeseburger Onion Rings Hawaiian Salad Beverage of Choice 	BREAKFAST BUFFET! 	Italian Wedding Soup Lasagna Roll Ups with Meatballs Mixed Vegetables Ambrosia Orange Salad Bread Stix Beverage of Choice	
D I N N E R	Pierogis and Kielbasa with Braided Cabbage Apple Sauce Chocolate Eclairs Beverage of Choice	Chop Steak with Mushroom Gravy Confetti Rice Peas Fresh Baked Dinner Rolls Butter/Margarine Black Forest Cake Beverage of Choice 	BBQ Chicken Thighs Baked Potato with Sour Cream and Butter Asparagus Fresh Baked Dinner Rolls Butter/Margarine Carrot Cake Beverage of Choice	Sky Line Chili Over Spaghetti Garlic Toast Tossed Salad Sherbet Beverage of Choice 	Smothered Pork Chops Egg Noodles Spinach Fresh Baked Dinner Rolls Butter/Margarine Apple Cobbler Milk or Juice	Fish and Chips Cinnamon Apple Sauce Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes Beverage of Choice	Stuffed Peppers Mashed Potatoes Corn Mini Croissants Apple Dumplings Beverage of Choice 	
A L T	Egg Salad Sandwich or Spinach and Bacon Salad	Egg Salad Sandwich or Spinach and Bacon Salad	Egg Salad Sandwich or Spinach and Bacon Salad	Egg Salad Sandwich or Spinach and Bacon Salad	Egg Salad Sandwich or Spinach and Bacon Salad	Egg Salad Sandwich or Spinach and Bacon Salad	Egg Salad Sandwich or Spinach and Bacon Salad	

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