







Meal	Sunday December 30, 2018	Monday December 31, 2018	Tuesday January 1, 2019	Wednesday January 2, 2019	Thursday January 3, 2019	Friday January 4, 2019	Saturday January 5, 2019
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 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	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Scrambled Eggs 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 Breakfast Bowl Fresh 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	Pot Roast Mashed Red Skin Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Dutch Apple Pie Beverage of Choice	Chicken Francise Whole Green Beans Mini Bakers with Sour Cream and Butter Fresh Baked Dinner Rolls Butter/Margarine Fruit Crisp Beverage of Choice 	Roasted Pork Sauerkraut Scalloped Potatoes Fresh Baked Dinner Rolls Butter/Margarine Cheese Cake with Fruit Topping Beverage of Choice 	Mushroom Barley Soup Bacon Cheese Burger Macaroni Salad Sliced Pears Beverage of Choice	Cream of Cauliflower Soup BBQ Chicken Sandwich Cole Slaw Mandarine Oranges Beverage of Choice 	Tomato Soup Grilled Ham and Cheese Sandwich French Fries Cinnamon Apple Sauce Beverage of Choice	Cream of Chicken Noodle Soup Italian Hogie with Lettuce and Tomato Breaded Zucchini 5-Cup Salad Beverage of Choice
D I N N E R	Flat Bread Pizza Tossed Salad Whole Fresh Fruit Ice Cream Treats Beverage of Choice	Corned Beef and Swiss Cheese on Rye Fruit Cup Cookies Milk or Juice 	Chicken Salad Sandwich Chips Fruit Cup Cookies Beverage of Choice 	Country Fried Steak Mashed Potatoes and Gravy Peas and Carrots Fresh Baked Dinner Rolls Butter/Margarine Banana Cake Beverage of Choice	Beef Bourgaigonne Egg Noodles Malibu Vegetables Fresh Baked Dinner Rolls Butter/Margarine Chocolate Mousse Milk or Juice	Meat Lasagna Italian Mixed Vegetables Tossed Salad Garlic Toast Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Pork Cutlet Augratin Potatoes Carrot Coins Mini Croissants Lemon Meringue Pie Beverage of Choice 
A L T	PBJ Sandwich or Chef Salad	PBJ Sandwich or Chef Salad	PBJ Sandwich or Chef Salad	PBJ Sandwich or Chef Salad	PBJ Sandwich or Chef Salad	PBJ Sandwich or Chef Salad	PBJ 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





Sugar Free or Low Sugar Desserts
Available Upon Request

VEGAN PROTEIN AVAILABLE FOR ALL SALADS – PLEASE ASK YOUR SERVER

Cycle I, 2018

Rockport Senior Living

Week 1






Meal	Sunday January 6, 2019	Monday January 7, 2019	Tuesday January 8, 2019	Wednesday January 9, 2019	Thursday January 10, 2019	Friday January 11, 2019	Saturday January 12, 2019
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 Syrup and Butter 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	Orange, Cranberry Grape, Tomato Juice, Milk Coffee or Tea Pancakes 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, Cranberry, Grape, Tomato Juice, Milk Coffee or Tea Breakfast Taco 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
L U N C H	Bacon Wrapped Steak Broccoli Baked Potatoes with Sour Cream and Butter Fresh Baked Dinner Rolls Butter/Margarine Cherry Cobbler Alamode Beverage of Choice 	Dave's Cabbage Soup Chicken Paprikash Mixed Vegetables Forest Pears Beverage of Choice	Vegetable Alphabet Soup Top Dogs French Fries Sliced Peaches Beverage of Choice	Navy Bean Soup Chicken Salad on a Croissant with Lettuce and Tomato Greek Pasta Salad Tropical Fruit Beverage of Choice	Ham and Potato Soup BLT Macaroni Salad Fresh Fruit with Cottage Cheese Beverage of Choice 	Chicken Noodle Soup Roast Beef and Provolone Cheese Sandwich Onion Rings Stewed Apples Beverage of Choice	Cream of Spinach Soup Mac & Pork Sandwich Cole Slaw Apple Cherry Jello Beverage of Choice
D I N N E R	Breaded Chicken Sandwich with Lettuce and Tomato Potato Salad Fresh Baked Cookies Whole Fruit Beverage of Choice	Spaghetti with Meatballs Italian Green Beans Caesar Salad Garlic Toast Brownies Beverage of Choice	Beef Stroganoff Over Noodles Capri Vegetables Fresh Baked Dinner Rolls Butter/Margarine Fruit Sherbet Beverage of Choice 	Baked Ham with Pineapple Sauce Malibu Vegetables Scalloped Potatoes Fresh Baked Dinner Rolls Butter/Margarine Pumpkin Pie Beverage of Choice	Pork City Chicken Mashed Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Orange Cake Beverage of Choice	Lemon Butter Baked Cod Cabbage and Noodles Beet Salad Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes Beverage of Choice	Roasted Turkey Sweet Potatoes Green Bean Casserole Corn Muffins Baked Dinner Rolls Butter/Margarine Apple Dumplings Beverage of Choice 
A L T	Turkey and Cheese Sandwich or Cobb Salad	Turkey and Cheese Sandwich or Cobb Salad	Turkey and Cheese Sandwich or Cobb Salad	Turkey and Cheese Sandwich or Cobb Salad	Turkey and Cheese Sandwich or Cobb Salad	Turkey and Cheese Sandwich or Cobb Salad	Turkey and Cheese Sandwich or Cobb 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

VEGAN PROTEIN AVAILABLE FOR ALL SALADS – PLEASE ASK YOUR SERVER

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U.S. Foodservice™




Meal	Sunday January 13, 2019	Monday January 14, 2019	Tuesday January 15, 2019	Wednesday January 16, 2019	Thursday January 17, 2019	Friday January 18, 2019	Saturday January 19, 2019
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 with Syrup and Butter Sausage OR Cold or Hot Cereal Whole Fruit	BREAKFAST DELIVERED TO YOUR SUITE BETWEEN 8-9 AM. 	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Egg McMuffin 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 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 Mashed Potatoes with Gravy Peas Fresh Baked Dinner Rolls Butter/Margarine Peach Pie Beverage of Choice	Split Pea Soup Country Chicken Bowl Cucumber and Tomato Salad Fruit Cocktail Beverage of Choice	Cheeseburger Soup Fish Sandwich Cole Slaw Apple Sauce Beverage of Choice 	Pork Vegetable Soup Turkey Tetrazzini Mashed Sweet Potatoes Rosey Pears Beverage of Choice	Cauliflower Chowder Crispy Chicken Salad Mini Croissants Hawaiian Salad Beverage of Choice 	Lemon Chicken Orzo Soup Bacon Macaroni and Cheese Fresh Broccoli Mandarines Oranges Beverage of Choice	Cream of Vegetable Soup Italian Sausage Sub with Peppers and Onions Pasta Salad Fruited Jello Beverage of Choice
D I N N E R	Flat Bread Pizza Tossed Salad Escaloped Apples Ice Cream Treats Beverage of Choice 	Baked Ziti Scandinavian Vegetables Poppyseed Salad Bread Stix Fruit Crisp Beverage of Choice	Apple BBQ Cider Chicken Roasted Red Skin Potatoes Creamed Corn Fresh Baked Dinner Rolls Butter/Margarine Tango Pudding Beverage of Choice	Pork Medallions Stuffing Fresh Asparagus Corn Muffins Chocolate Cake Beverage of Choice	Beef Jaegerschnitzel Noodles Prince Edward Vegetables Fresh Baked Dinner Rolls Butter/Margarine Strawberry Pie Beverage of Choice	Veal Marsala Glazed Carrots Potatoes O'Brien Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice 	Swiss Steak Dutchess Potatoes Spinach Sweet Bread Butter/Margarine Angel Food Cake with Strawberries Beverage of Choice
A L T	Egg Salad Sandwich or Spinach with Bacon Salad	Egg Salad Sandwich or Spinach with Bacon Salad	Egg Salad Sandwich or Spinach with Bacon Salad	Egg Salad Sandwich or Spinach with Bacon Salad	Egg Salad Sandwich or Spinach with Bacon Salad	Egg Salad Sandwich or Spinach with Bacon Salad	Egg Salad Sandwich or Spinach with Bacon 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
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Meal	Sunday January 20, 2019	Monday January 21, 2019	Tuesday January 22, 2019	Wednesday January 23, 2019	Thursday January 24, 2019	Friday January 25, 2019	Saturday January 26, 2019
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 Chipped Beef over Biscuits Hashbrowns 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 FROM 9-1:00 	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	Fried Chicken Malibu Vegetables Augratin Potatoes Fresh Baked Dinner Rolls Butter/Margarine Mixed Berry Pie with Ice Cream Beverage of Choice	French Onion Soup with Croutons and Cheese Tuna and Noodles Cranberry Couscous Apricot Halves Beverage of Choice	Turkey Vegetable Rice Soup Black Jack Burger With Lettuce and Tomato French Fries Tropical Fruit Beverage of Choice 	Minestrone Soup Beef Bowl Mixed Vegetables Diced Peaches Beverage of Choice	Beer Cheddar Soup Oriental Chicken Salad Mini Croissants Blueberry Salad Beverage of Choice	BREAKFAST BUFFET FROM 9-1:00 	Lentil Soup Chicken Tenders with BBQ Dipping Sauce Tater Tots Pineapple Beverage of Choice
D I N N E R	Grilled Hot Dogs Bourbon Molasses Baked Beans Whole Fruit Fresh Baked Cookies Beverage of Choice 	Pot Roast Dumplings Broccoli Augratin Fresh Baked Dinner Rolls Butter/Margarine Black Forest Cake Beverage of Choice	Cheese Tortellini with Italian Sausage Green Beans Garlic Toast 1,000 Island Salad Strawberry Mousse Beverage of Choice	Baked Quartered Chicken Rice Pilaf Spinach Fresh Baked Dinner Rolls Butter/Margarine Peach Cobbler Beverage of Choice	Stuffed Peppers Mashed Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Carrot Cake Beverage of Choice 	Fish and Chips Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Beef Tenderloin Tips with Mushrooms and Onions Roasted Garlic Parmesan Red Skin Potatoes Cauliflower Fresh Baked Dinner Rolls Butter/Margarine Cheese Cake with Fruit Topping Beverage of Choice
A L T	Bologna and Cheese Sandwich or Texan Salad	Bologna and Cheese Sandwich or Texan Salad	Bologna and Cheese Sandwich or Texan Salad	Bologna and Cheese Sandwich or Texan Salad	Bologna and Cheese Sandwich or Texan Salad	Bologna and Cheese Sandwich or Texan Salad	Bologna and Cheese Sandwich or Texan Salad

Beverages of Choice: Coffee (Regular/Decaf)
Milk, Ice Tea, Hot Tea, Orange, Cranberry and
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*There may be some variation of items served according to the likes and dislikes