






Cycle I, 2019

Rockport Senior Living

Week 1

Meal	Sunday April 28, 2019	Monday April 29, 2019	Tuesday April 30, 2019	Wednesday May 1, 2019	Thursday May 2, 2019	Friday May 3, 2019	Saturday May 4, 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, Cranberry Grape, Tomato Juice, Milk Coffee or Tea Scrambled Eggs Bacon Mini Croissants 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 Waffles with Syrup and Butter Sausage Links 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	Fried Chicken Augratin Potatoes Winter Mixed Vegetables Fresh Baked Dinner Rolls Butter/Margarine Blueberry Pie Ala Mode Beverage of Choice	Beef Vegetable Barley Soup BLT Sandwich French Fries Apricot Halves Beverage of Choice	Split Pea Soup Tuna and Noodle Casserole Mixed Vegetables Tropical Fruit Beverage of Choice 	Chicken and Corn Chowder Grilled Hot Dogs Onion Rings Cinnamon Apple Sauce Beverage of Choice	Pork Vegetable Soup Greek Chicken with Feta Salad Pita Bread Mandarin Oranges Beverage of Choice 	Tomato Soup Grilled Cheese Sandwich Macaroni Salad Peach Fluff Beverage of Choice	Cream of Mushroom Soup Derby Down Turkey Green Bean Casserole Cottage Cheese with Pineapple Beverage of Choice  KENTUCKY DERBY
D I N N E R	BBQ Beef Sandwich Broccoli Bacon Salad Whole Fruit Fresh Baked Cookies Beverage of Choice 	Veal Parmesan Pasta Garlic Toast Tossed Salad Fruit Sherbet Beverage of Choice	Beef Burgundy Dumplings Capri Vegetables Fresh Baked Dinner Rolls Butter/Margarine Fresh Baked Oatmeal Cookies Beverage of Choice NATIONAL OATMEAL COOKIE DAY	Roasted Turkey Stuffing Green Beans Cranberry Sauce Fresh Baked Dinner Rolls Butter/Margarine Pumpkin Pie Beverage of Choice	Roasted Pork Loin Mashed Potatoes with Gravy Broccoli Corn Muffins Banana Cake Beverage of Choice	Baked Lemon Pepper Cod Cabbage and Noodles Fruited Jello Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice 	Pot Roast Scalloped Potatoes Corn O'Brien Sweet Bread Cheesecake with Cherries Beverage of Choice
A L T	Ham and Cheese Sandwich or Texas Salad	Ham and Cheese Sandwich or Texas Salad	Ham and Cheese Sandwich or Texas Salad	Ham and Cheese Sandwich or Texas Salad	Ham and Cheese Sandwich or Texas Salad	Ham and Cheese Sandwich or Texas Salad	Ham and Cheese Sandwich or Texas 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

Cygnel 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 May 5, 2019	Monday May 6, 2019	Tuesday May 7, 2019	Wednesday May 8, 2019	Thursday May 9, 2019	Friday May 10, 2019	Saturday May 11, 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 Butter and Syrup 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 Bowls 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	Bacon Wrapped Steak Baked Potato with Sour Cream and Butter Fresh Broccoli Fresh Baked Dinner Rolls Butter/Margarine Peach Cobbler Beverage of Choice	Mushroom Barley Soup Chicken Salad Sandwich Corn Nuggets Rosey Pears Beverage of Choice NATIONAL NURSES DAY GIVE YOUR NURSE A HUG! 	Chicken Noodle Soup Monte Cristo Sandwich Pasta Salad Pineapple and Cherries Beverage of Choice	Cream of Broccoli Soup Pulled Pork Sandwich Baked Beans Sliced Peaches Beverage of Choice	Navy Bean Soup Swiss Cheese Burger with Lettuce and Tomato Tater Tots Apple Sauce Beverage of Choice	SPECIAL LADIES LUNCHEON IN HONOR OF MOTHER'S DAY  MENS' MEALS DELIVERED TO YOUR SUITE	Alphabet Vegetable Soup Chili Dogs Potato Salad Tropical Fruit Beverage of Choice
D I N N E R	Dorito Taco Salad Whole Fruit Bread Stix Ice Cream Treats Beverage of Choice CINCO DE MAYO 	Spaghetti with Meat Sauce Prince Edward Vegetables Garlic Toast Caesar Salad Chocolate Mousse Beverage of Choice	BBQ Chicken Thighs Potatoes Anna Cauliflower Fresh Baked Dinner Rolls Butter/Margarine Carrot Cake Beverage of Choice	Beef Stroganoff Noodles Malibu Vegetables Fresh Baked Dinner Rolls Butter/Margarine Cream Pie Beverage of Choice 	Honey Dijon Bacon Wrapped Turkey Sweet Potatoes Peas Fresh Baked Dinner Rolls Butter/Margarine Apple Strudel Beverage of Choice	Breaded Fish Dinner Fingerling Potatoes Fresh Asparagus Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Stuffed Peppers Mashed Red Skinned Potatoes Glazed Carrots Fresh Baked Dinner Rolls Butter/Margarine Apple Dumplings Beverage of Choice 
A L T	PBJ Sandwich or Cobb Salad	PBJ Sandwich or Cobb Salad	PBJ Sandwich or Cobb Salad	PBJ Sandwich or Cobb Salad	PBJ Sandwich or Cobb Salad	PBJ Sandwich or Cobb Salad	PBJ Sandwich or Cobb Salad

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

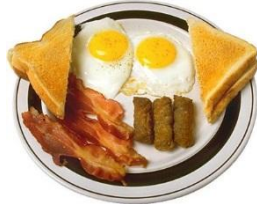






Crackers offered with all soups

Sugar Free or Low Sugar Desserts
Available Upon Request

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SERVER**

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Meal	Sunday May 12, 2019	Monday May 13, 2019	Tuesday May 14, 2019	Wednesday May 15, 2019	Thursday May 16, 2019	Friday May 17, 2019	Saturday May 18, 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 Cheese Omelet 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 DELIVERED TO YOUR SUITE	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 9-1 	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	Special Dinner in Honor of Mother's Day 	Chicken Lemon Orzo Soup Swedish Meatball Casserole Mixed Vegetables Forest Pears Beverage of Choice	Cream of Celery Soup Chicken Bowl Lemon Berry Salad Tropical Fruit Beverage of Choice 	Minestrone Soup BBQ McRib Sandwich Tater Tots Ambrosia Salad Beverage of Choice	Potato Leek Soup Tuna Salad Sandwich Pasta Salad Cinnamon Apple Sauce Beverage of Choice 	BREAKFAST BUFFET 9-1 	7-Bean Soup Grilled Ruben Waffle Fries Diced Peaches Beverage of Choice
D I N N E R	MEALS DELIVERED TO YOUR SUITE Turkey and Cheese Sandwich Fruit Cup Cookies Milk/Juice 	Creamy Tuscan Garlic Chicken Wild Rice Carrot Coins Fresh Baked Dinner Rolls Butter/Margarine Fruit Sorbet Beverage of Choice	Ziti with Italian Sausage Italian Mixed Vegetables Poppyseed Salad Garlic Toast Apple Peach Crisp Beverage of Choice	Beef Dijon Egg Noodles Peas Sweet Bread Fresh Baked Chocolate Chip Cookies Beverage of Choice  NATIONAL CHOCOLATE CHIP COOKIE DAY!	Pork City Chicken Dumplings Malibu Vegetables Fresh Baked Dinner Rolls Butter/Margarine Mixed Berry Pie Beverage of Choice	Fish and Chips Fruited Jello Broccoli Slaw Ice Cream Sundaes Beverage of Choice	Meat Loaf Mashed Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Angel Food Cake with Berries Beverage of Choice
A L T	Bologna and Cheese Sandwich or Baby Spinach with Bacon Salad	Bologna and Cheese Sandwich or Baby Spinach with Bacon Salad	Bologna and Cheese Sandwich or Baby Spinach with Bacon Salad	Bologna and Cheese Sandwich or Baby Spinach with Bacon Salad	Bologna and Cheese Sandwich or Baby Spinach with Bacon Salad	Bologna and Cheese Sandwich or Baby Spinach with Bacon Salad	Bologna and Cheese Sandwich or Baby Spinach with Bacon Salad

Beverages of Choice: Coffee (Regular/Decaf)
Milk, Ice Tea, Hot Tea, Orange, Cranberry and
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Cycle I, 2019		Rockport Senior Living						Week 4
Meal	Sunday May 19, 2019	Monday May 20, 2019	Tuesday May 21, 2019	Wednesday May 22, 2019	Thursday May 23, 2019	Friday May 24, 2019	Saturday May 25, 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 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	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	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Pancakes with Syrup and Butter Bacon 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	
L U N C H	Roast Beef Mini Bakers Mediterranean Grilled Vegetables Fresh Baked Dinner Rolls Butter/Margarine Blueberry Lemon Crumb Pie	Beef Vegetable Barley Soup Chicken Paprikash Mixed Vegetables Pineapple Beverage of Choice	Chicken Noodle Soup Fresh Fruit Salad with Yogurt and Cottage Cheese Mini Croissants Jello Beverage of Choice 	Dave's Cabbage Soup Beef and Macaroni Tossed Salad Mandarin Oranges Beverage of Choice	Cheeseburger Soup Turkey Club with Lettuce and Tomato Macaroni Salad Stewed Apples Beverage of Choice	White Chicken Chili Veal Parmesan Sandwich Caprese Pasta Salad Hawaiian Salad Beverage of Choice	French Onion Soup with Cheese and Croutons Chicken Pot Pie Apple Couscous Salad Tropical Fruit Beverage of Choice 	
D I N N E R	Flat Bread Pizza Tossed Salad Quartered Oranges Chocolate Eclairs Beverage of Choice 	Kielbasa with Mashed Potatoes and Sauerkraut Fresh Baked Dinner Rolls Butter/Margarine Lemon Mousse Beverage of Choice	Oriental Chicken Lo Mein Noodles Vegetable Spring Rolls Oat Raisin Cookies Beverage of Choice	Country Fried Steak with Country Gravy Dutchess Potatoes Squash Fresh Baked Dinner Rolls Butter/Margarine Cream Pie Beverage of Choice	Sweet Bacon Glazed Pork Tenderloin Baked Sweet Potato Broccoli Sweet Bread Cherry Strudel Beverage of Choice 	Beer Battered Shrimp Roasted Red Skin Potatoes Peas Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Stuffed Cabbage White Rice Fall Medley Vegetables Corn Muffins Poke Cake Beverage of Choice	
A L T		Turkey and Cheese Sandwich or Italian Salad	Turkey and Cheese Sandwich or Italian Salad	Turkey and Cheese Sandwich or Italian Salad	Turkey and Cheese Sandwich or Italian Salad	Turkey and Cheese Sandwich or Italian Salad	Turkey and Cheese Sandwich or Italian Salad	

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