







**Cycle I, 2019**

**Rockport Senior Living**

**Week 1**

Meal	Sunday June 23, 2019	Monday June 24, 2019	Tuesday June 25, 2019	Wednesday June 26, 2019	Thursday June 27, 2019	Friday June 28, 2019	Saturday June 29, 2019
<b>B R E A K F A S T</b>	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 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 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, 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
<b>L U N C H</b>	Fried Chicken Cheesy Potatoes Green Beans Fresh Baked Dinner Rolls Butter/Margarine Mixed Berry Pie Beverage of Choice	Cauliflower Chowder Steak-Up Sandwiches with Cheese Breaded Vegetables Cinnamon Apple Sauce Beverage of Choice 	White Bean, Kale and Sausage Soup Ham Salad Sandwich Sweet Potato Fries Mandarin Oranges Beverage of Choice	Pork Vegetable Soup Fish Melt Sandwich Cole Slaw Diced Peaches Beverage of Choice 	Chicken Cordon Blue Soup BBQ Beef Sandwich Macaroni Salad Pineapple with Cottage Cheese Beverage of Choice	Tomato Soup Grilled Ham and Cheese Sandwich Tater Tots Rosey Pears Beverage of Choice	Corn Chowder Meatball Sub Tomato Basil Pasta Salad Jello with Mini Marshmallows Beverage of Choice 
<b>D I N N E R</b>	Flat Bread Pepperoni Pizza Tossed Salad Whole Fruit Ice Cream Treats Beverage of Choice 	Meat Lasagna Tuscany Vegetables Tossed Salad Garlic Toast Chocolate Mousse Beverage of Choice	Beef Teriyaki White Rice Peas Fresh Baked Dinner Rolls Butter/Margarine Black Forest Cake Beverage of Choice 	Meat Loaf Garlic Mashed Red Skins Glazed Carrots Fresh Baked Dinner Rolls Butter/Margarine Strawberry Rhubarb Pie Beverage of Choice	Pecan Crusted Chicken Buttered Noodles Corn Fresh Baked Dinner Rolls Butter/Margarine Cream Pie Beverage of Choice 	Baked Kiev Fish Parmesan Orzo Fresh Broccoli Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream with Fruit Topping Beverage of Choice	Beef Piccata Spinach Potatoes O'Brien Mini Croissants Apple Dumplings Beverage of Choice
<b>A L T</b>	Turkey Sandwich or Turkey and Cranberry Salad	Turkey Sandwich or Turkey and Cranberry Salad	Turkey Sandwich or Turkey and Cranberry Salad	Turkey Sandwich or Turkey and Cranberry Salad	Turkey Sandwich or Turkey and Cranberry Salad	Turkey Sandwich or Turkey and Cranberry Salad	Turkey Sandwich or Turkey and Cranberry 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**

-- *Cygnel Menu Management System®*  
U.S. Foodservice™

Week At a Glance - Non Select

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

Meal	Sunday June 2, 2019	Monday June 3, 2019	Tuesday June 4, 2019	Wednesday June 5, 2019	Thursday June 6, 2019	Friday June 7, 2019	Saturday June 8, 2019
<b>B R E A K F A S T</b>	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 with 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 Corn Beef Hash with Egg 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 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
<b>L U N C H</b>	BBQ Ribs Baked Beans JoJo Potatoes Fresh Baked Dinner Rolls Butter/Margarine Cherry Pie Ala Mode Beverage of Choice 	Navy Bean Soup Beef Potato Casserole Mixed Vegetables Sliced Peaches Beverage of Choice	Cream of Chicken and Mushroom Soup BLT Sandwich Macaroni Salad Apple Sauce Beverage of Choice 	Vegetable Barley Soup Grilled Turkey Club French Fries Pineapple and Cherries Beverage of Choice 	French Onion Soup with Cheese and Croutons Crispy Chicken Salad Mini Croissants Mandarin Oranges Beverage of Choice	Cream of Potato Soup Monte Cristo Sandwich Corn Nuggets Diced Pears Beverage of Choice 	Chicken Noodle Soup Roast Beef and Provolone Cheese Sandwich Potato Salad Fruited Jello Beverage of Choice
<b>D I N N E R</b>	Panko Chicken Sandwich with Lettuce and Tomato Tomato Gorgonzola Salad Whole Fruit Fresh Baked Cookies Beverage of Choice	Whole Wheat Ziti with Mini Meatballs Poppyseed Salad Green Beans Garlic Toast Fruit Sherbet Beverage of Choice	Turkey Bake Mashed Potatoes 3-Bean Salad Fresh Baked Dinner Rolls Butter/Margarine Pecan Pie Beverage of Choice 	Beef Stroganoff Noodles Coin Carrots Fresh Baked Dinner Rolls Butter/Margarine Lemon Mousse Beverage of Choice	Country Style Pork Chops Corn Dutchess Potatoes Fresh Baked Dinner Rolls Butter/Margarine Orange Dream Cake Beverage of Choice	Cheddar Cheese Baked Fish Brussel Sprouts Rancher Red Skin Potatoes Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Swiss Cheese Chicken Scalloped Potatoes Fresh Asparagus Corn Muffins Apple Strudel Beverage of Choice 
<b>A L T</b>	Ham and Cheese Sandwich or Chef Salad	Ham and Cheese Sandwich or Chef Salad	Ham and Cheese Sandwich or Chef Salad	Ham and Cheese Sandwich or Chef Salad	Ham and Cheese Sandwich or Chef Salad	Ham and Cheese Sandwich or Chef Salad	Ham 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

Sugar Free or Low Sugar Desserts  
Available Upon Request

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SERVER**

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Meal	Sunday June 9, 2019	Monday June 10, 2019	Tuesday June 11, 2019	Wednesday June 12, 2019	Thursday June 13, 2019	Friday June 14, 2019	Saturday June 15, 2019
<b>B R E A K F A S T</b>	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 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 Breakfast Bowl 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 Breakfast Sandwich on a Croissant Fruit Cup 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
<b>L U N C H</b>	Roasted Turkey Mashed Sweet Potatoes Peas Fresh Baked Dinner Rolls Butter/Margarine Pumpkin Pie Beverage of Choice	Chicken Barley Soup Bratwurst Sub Green Bean Salad Forest Pears Beverage of Choice	Alphabet Vegetable Soup Bacon Cheese Burgers with Lettuce and Tomato French Fries Apple Cinnamon Slices Beverage of Choice 	Stuffed Pepper Soup Summer Berry Salad Mini Croissants Tropical Fruit Beverage of Choice	Lentil Bean Soup Chicken Salad Sandwich on a Croissant Onion Rings Peach Fluff Beverage of Choice 	<b>GENTLEMEN'S LUNCHEON IN HONOR OF FATHER'S DAY</b>  <b>ALL LADIES LUNCHESES WILL BE DELIVERED TO THEIR SUITE</b>	Mushroom Barley Soup Chili Dogs Potato Salad Blueberry Ambrosia Beverage of Choice
<b>D I N N E R</b>	Sloppy Joe Melt Marinated Cucumber Salad Chips Whole Fruit Chocolate Eclairs Beverage of Choice 	Spaghetti with Meat Sauce Italian Mixed Vegetables Tossed Salad Garlic Toast Fruit Sorbet Beverage of Choice	Famous Ritz Butter Chicken Baby Carrots Wild Rice Fresh Baked Dinner Rolls Butter/Margarine Cherry Apple Crisp Beverage of Choice	Baked Ham with Pineapple Sauce Cauliflower Baked Sweet Potatoes Fresh Baked Dinner Rolls Butter/Margarine Carrot Cake Beverage of Choice 	Smothered Chopped Steak Au gratin Potatoes Prince Edward Vegetables Fresh Baked Dinner Rolls Butter/Margarine Apple Cobbler Beverage of Choice	Beer Battered Shrimp Boat Steak Fries Cole Slaw Mandarin Orange Jello Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Treats Beverage of Choice	Pot Roast Mashed Potatoes Broccoli Au gratin Sweet Bread Cherry Cheese Cake Beverage of Choice 
<b>A L T</b>	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

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Milk, Ice Tea, Hot Tea, Orange, Cranberry and  
Vegetable Juices









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Cycle I, 2019		Rockport Senior Living						Week 4
Meal	Sunday June 16, 2019	Monday June 17, 2019	Tuesday June 18, 2019	Wednesday June 19, 2019	Thursday June 20, 2019	Friday June 21, 2019	Saturday June 22, 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 Pancakes with Syrup and Butter Sausage 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 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	Bacon Wrapped Steak Baked Potato with Sour Cream and Butter Fresh Green Beans Fresh Baked Dinner Rolls Butter/Margarine Special Father's Day Dessert Beverage of Choice 	Chicken Noodle Soup BBQ McRib Sandwich Potato Salad Berry Cup Beverage of Choice	Cream of Broccoli Soup Fresh Fruit Salad with Cottage Cheese and Yogurt Muffins Beverage of Choice 	Beef Stroganoff Soup Egg Salad Sandwich Breaded Vegetables Sliced Pears Beverage of Choice	Minestrone Soup Summer Chicken Salad on a Pita Chips Tropical Fruit Beverage of Choice 	BREAKFAST BUFFET 9-1 	Italian Wedding Soup Italian Hogie with Lettuce and Tomato Vegetable Pasta Salad Hawaiian Salad Beverage of Choice
D I N N E R	MEALS DELIVERED TO YOUR SUITES Turkey and Cheese Sandwich Fruit Cup Cookies Milk or Juice 	Cavetappi with Italian Sausage Caesar Salad Garlic Toast Rice Pudding Beverage of Choice	Baked Herbed Chicken Thighs Fingerling Potatoes Peas and Carrots Fresh Baked Dinner Rolls Butter/Margarine Cream Pie Beverage of Choice	Country Fried Steak Country Gravy Mashed Potatoes Corn Biscuits Fresh Baked Dinner Rolls Butter/Margarine Banana Cake Beverage of Choice 	Bourbon Teriyaki Pork Tenderloin White Rice Vegetable Spring Roll Corn Muffins Peach Cobbler Beverage of Choice	Breaded Catfish Cabbage and Noodles Pea Salad Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundae Beverage of Choice	Stuffed Peppers Scalloped Potatoes Fresh Asparagus Fresh Baked Dinner Rolls Butter/Margarine Angel Food Cake with Strawberries Beverage of Choice 	
A L T	Corned Beef and Swiss Sandwich or Peach, Orange and Spinach Salad	Corned Beef and Swiss Sandwich or Peach, Orange and Spinach Salad	Corned Beef and Swiss Sandwich or Peach, Orange and Spinach Salad	Corned Beef and Swiss Sandwich or Peach, Orange and Spinach Salad	Corned Beef and Swiss Sandwich or Peach, Orange and Spinach Salad	Corned Beef and Swiss Sandwich or Peach, Orange and Spinach Salad	Corned Beef and Swiss Sandwich or Peach, Orange and Spinach Salad	

Beverages of Choice: Coffee (Regular/Decaf)  
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