



















Cycle I, 2019		Rockport Senior Living					Week 1
Meal	Sunday July 28, 2019	Monday July 29, 2019	Tuesday July 30, 2019	Wednesday July 31, 2019	Thursday August 1, 2019	Friday August 2, 2019	Saturday August 3, 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 Sandwich on Biscuits 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	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	Orange, Cranberry, Grape, Tomato Juice, Milk Coffee or Tea French Toast 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	Country Steak Mashed Potatoes with Gravy Corn Fresh Baked Dinner Rolls Butter/Margarine Cherry Pie Beverage of Choice 	Split Pea Soup with Dumplings Egg Salad Sandwich Potato Salad Forest Pears Beverage of Choice	Pork Vegetable Noodle Soup Philly Cheese Steak Pasta Salad Sliced Peaches Beverage of Choice 	Cream of Mushroom Soup Fresh Fruit Salad with Cottage Cheese and Yogurt Muffins Beverage of Choice	BLT Soup BBQ McRib Sandwich Corn Nuggets Fruit Cocktail Beverage of Choice 	Tuscany Vegetable Soup Veal Cutlet Sandwich with Swiss Cheese, Lettuce and Tomato French Fries Cinnamon Apple Sauce Beverage of Choice	Lentil Soup Monte Cristo Sandwich Macaroni Salad Fruited Jello Beverage of Choice 
D I N N E R	Pulled Pork Sliders Broccoli Pasta Salad Watermelon Potato Chips Fresh Baked Cookies Beverage of Choice	Meat Lasagna Tuscany Vegetables Tossed Salad Garlic Toast Black Forest Cake Beverage of Choice  NATIONAL LASAGNA DAY!	Greek Style Chicken Green Beans with Tomatoes Wild Rice Fresh Baked Dinner Rolls Butter/Margarine Cheese Cake Beverage of Choice	Smothered Chopped Steak Mini Bakers Carrot Coins Fresh Baked Dinner Rolls Butter/Margarine Heavenly Oreo Dessert Beverage of Choice	Roasted Turkey Stuffing Peas Cranberry Sauce Corn Muffins Cookies and Cream Pie Beverage of Choice	Italian Baked Cod Broccoli Alfredo Noodles Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice 	Fried Chicken Brussel Sprouts Quartered Roasted Potatoes Sweet Bread Pound Cake with Peaches Beverage of Choice
A L T	Bologna and Cheese Sandwich or Pecan Mandarin Orange Salad	Bologna and Cheese Sandwich or Pecan Mandarin Orange Salad	Bologna and Cheese Sandwich or Pecan Mandarin Orange Salad	Bologna and Cheese Sandwich or Pecan Mandarin Orange Salad	Bologna and Cheese Sandwich or Pecan Mandarin Orange Salad	Bologna and Cheese Sandwich or Pecan Mandarin Orange Salad	Bologna and Cheese Sandwich or Pecan Mandarin Orange Salad

Cycle I, 2019		Rockport Senior Living					Week 3
Meal	Sunday August 11, 2019	Monday August 12, 2019	Tuesday August 13, 2019	Wednesday August 14, 2019	Thursday August 15, 2019	Friday August 16, 2019	Saturday August 17, 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 Butter and Syrup 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 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 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
L U N C H	Pot Roast Mashed Potatoes with Gravy Corn Fresh Baked Dinner Rolls Butter/Margarine Cherry Pie Ala Mode Beverage of Choice 	French Onion Soup with Croutons and Cheese Grilled Hot Dogs Baked Beans Cinnamon Apple Sauce Beverage of Choice	Lemon Chicken Orzo Soup Italian Hogie with Lettuce and Tomato French Fries Rosey Pears Beverage of Choice	Pork Vegetable Noodle Soup Tuna Salad Sandwich with Lettuce and Tomato Caesar Bowtie Pasta Salad Hawaiian Salad Beverage of Choice 	Dave's Cabbage Soup Chicken Bacon Ranch Salad Bread Stix Fresh Melon Beverage of Choice	Cream of Broccoli Soup Turkey Tetrzzini Mixed Vegetables Sliced Peaches Beverage of Choice	Vegetable Barley Soup Bratwurst Sub Sandwich Tater Tots Fruited Jello Beverage of Choice 
D I N N E R	Flat Bread Pizzas Tossed Salad Quartered Oranges Chocolate Eclairs Beverage of Choice	BBQ Pork Tenderloin JoJo Potatoes Malibu Vegetables Corn Muffins Fruit Crisp Beverage of Choice 	Chicken Supreme Stuffing Glazed Carrots Fresh Baked Dinner Rolls Butter/Margarine Smore Pudding Beverage of Choice	Baked Ziti with Italian Sausage Green Beans Poppyseed Salad Garlic Toast Frosted Cake Beverage of Choice	Bourbon Maple Glazed Ham Mashed Sweet Potatoes Peas Fresh Baked Dinner Rolls Butter/Margarine Cream Pie Beverage of Choice	Cheddar Baked Fish Potatoes Anna Brussel Sprouts Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes Beverage of Choice 	Swiss Steak Mashed Potatoes with Gravy Corn Mini Croissants Angel Food Cake with Strawberries 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

Cycle I, 2019				Rockport Senior Living			Week 4
Meal	Sunday August 18, 2019	Monday August 19, 2019	Tuesday August 20, 2019	Wednesday August 21, 2019	Thursday August 22, 2019	Friday August 23, 2019	Saturday August 24, 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 Scrambled Eggs with Ham and Cheese 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	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Breakfast Taco 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	Roast Beef Baked Potato with Sour Cream and Butter Malibu Vegetables Fresh Baked Dinner Rolls Butter/Margarine Mixed Berry Pie Beverage of Choice	Corn Chowder Popcorn Shrimp Cocktail Sauce Cole Slaw Berry Cup Beverage of Choice	Poor Man's Soup Fresh Fruit Salad, Cottage Cheese and Yogurt Muffins Beverage of Choice 	White Bean with Kale Soup Turkey Club Sandwich Breaded Vegetables Mandarin Oranges Beverage of Choice	Italian Wedding Soup Cheesy Beef Goulash Bread Stix Cinnamon Applesauce Beverage of Choice	BREAKFAST BUFFET 9-1 	Cream of Spinach Soup Vegetable Lasagna Tossed Salad Jello Mini Croissants Beverage of Choice
D I N N E R	Chicken Parmesan Sandwich Broccoli Bacon Ranch Pasta Salad Quartered Oranges Ice Cream Treats Beverage of Choice 	Spaghetti with Meatballs Italian Mixed Vegetables BLT Salad Garlic Toast Rocky Road Pudding Beverage of Choice	Chicken Ala Orange Rice Pilaf Carrot Coins Spring Roll Cherry Cobbler Beverage of Choice	Country Pork Chops Mashed Potatoes with Gravy Corn Corn Muffins Peach Pie Beverage of Choice	Stuffed Cabbage Augratin Potatoes Caesar Salad Fresh Baked Dinner Rolls Butter/Margarine Carrot Cake Beverage of Choice 	Fish and Chips Broccoli Slaw Fruited Jello Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Beef Stir Fry LoMein Sweet Breads Pecan Pie Beverage of Choice 
A L T	Ham and Cheese Sandwich and Bacon Spinach Salad	Ham and Cheese Sandwich and Bacon Spinach Salad	Ham and Cheese Sandwich and Bacon Spinach Salad	Ham and Cheese Sandwich and Bacon Spinach Salad	Ham and Cheese Sandwich and Bacon Spinach Salad	Ham and Cheese Sandwich and Bacon Spinach Salad	Ham and Cheese Sandwich and Bacon Spinach Salad