








Cycle I, 2019				Rockport Memory Care			Week 1
Meal	Sunday September 29, 2019	Monday September 30, 2019	Tuesday October 1, 2019	Wednesday October 2, 2019	Thursday October 3, 2019	Friday October 4, 2019	Saturday October 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 Scrambled Eggs Hash Browns Danish 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 Egg Sandwich 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, Cranberry, Grape, Tomato Juice, Milk Coffee or Tea Waffles with Syrup and Butter Sausage 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	Roast Beef Mashed Red Skin Potatoes Glazed Carrots Fresh Baked Dinner Rolls Butter/Margarine Blueberry Pie Ala Mode Beverage of Choice 	Orzo Chicken Soup Monte Cristo Sandwich Potato Salad Fruit Cocktail Beverage of Choice	Beef Vegetable Barley Soup Chicken Salad Sandwich with Lettuce and Tomato Corn Nuggets Diced Peaches Beverage of Choice 	Kale and Sausage Soup Swedish Meatball Casserole Pea Salad Cinnamon Apple Sauce Beverage of Choice	Chicken Noodle Soup Corn Beef and Swiss on Rye Waffle Fries Hawaiian Salad Beverage of Choice 	Potato Leek Salad Roman Burger with Lettuce and Tomato Pasta Salad Sliced Pears Beverage of Choice	Vegetable Soup Italian Sausage Sub With Peppers and Onions Couscous Salad Fruited Jello Beverage of Choice 
D I N N E R	Flat Bread Pepperoni Pizza Tossed Salad Whole Fruit Cupcakes Beverage of Choice	Turkey Bake Mixed Vegetables Cranberry Sauce Fresh Baked Dinner Rolls Butter/Margarine Pumpkin Pie Beverage of Choice 	Pineapple Baked Ham Sweet Potatoes Green Beans Fresh Baked Dinner Rolls Butter/Margarine Tropical Pudding Beverage of Choice	Meat Lasagna Tuscan Vegetables Garlic Toast Tossed Salad Torte Cake Beverage of Choice 	Bourbon Teriyaki Pork White Rice Mixed Vegetables Fresh Baked Dinner Rolls Butter/Margarine Lemon Meringue Pie Beverage of Choice	Baked Herb Fish Spinach Parslied Noodles Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice 	Swiss Steak Dutchess Potatoes Corn Biscuits Brownies Beverage of Choice
A L T	Bologna and Cheese Sandwich or Club Salad	Bologna and Cheese Sandwich or Club Salad	Bologna and Cheese Sandwich or Club Salad	Bologna and Cheese Sandwich or Club Salad	Bologna and Cheese Sandwich or Club Salad	Bologna and Cheese Sandwich or Club Salad	Bologna and Cheese Sandwich or Club Salad

[illegible]

**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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Week At a Glance - Non Select

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

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Cycle I, 2019				Rockport Senior Living			Week 3
Meal	Sunday September 15, 2019	Monday September 16, 2019	Tuesday September 17, 2019	Wednesday September 18, 2019	Thursday September 19, 2019	Friday September 20, 2019	Saturday September 21, 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 Biscuits 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	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	BBQ Ribs JoJo Potatoes Baked Beans Fresh Baked Dinner Rolls Butter/Margarine Mixed Berry Pie Beverage of Choice	Corn Chowder Meatball Sub Bowtie Caesar Salad Apple Sauce Beverage of Choice 	Chili Grilled Hot Dogs Tater Tots Pineapple and Cherries Beverage of Choice	Split Pea Soup Cheeseburger with Lettuce and Tomato Onion Rings Watermelon Beverage of Choice  NATIONAL CHEESEBURGER DAY	Mushroom Barley Soup Chicken Bowl 3-Bean Salad Forest Pears Beverage of Choice	Chicken Rice Soup Grilled Turkey and Cheese Sandwich with Tomato Sour Cream and Onion Chips Sliced Peaches Beverage of Choice 	Navy Bean with Bacon Soup Ham Salad Croissant Sweet Potato Fries Escalloped Apples Beverage of Choice
D I N N E R	Chicken Sliders Rancher Green Beans Whole Fruit Ice Cream Treats Beverage of Choice	Kielbasa Sauerkraut Mashed Potatoes Fresh Baked Dinner Rolls Butter/Margarine Carrot Cake Beverage of Choice	Chicken Chow Mein Rice Egg Role Fresh Baked Dinner Rolls Butter/Margarine Apple Dumplings Beverage of Choice 	Spaghetti with Italian Sausage Winter Vegetables Tossed Salad Garlic Toast Black Forest Cake Beverage of Choice	Beef Stroganoff Dumplings Peas Fresh Baked Dinner Rolls Butter/Margarine Butterscotch Pudding Beverage of Choice	Fish and Chips Cole Slaw Jello Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes Beverage of Choice	Smothered Steak Capri Vegetables Scalloped Potatoes Corn Muffins Fruit Crisp Beverage of Choice 
A L T	PBJ Sandwich or Cranberry Turkey Salad	PBJ Sandwich or Cranberry Turkey Salad	PBJ Sandwich or Cranberry Turkey Salad	PBJ Sandwich or Cranberry Turkey Salad	PBJ Sandwich or Cranberry Turkey Salad	PBJ Sandwich or Cranberry Turkey Salad	PBJ Sandwich or Cranberry Turkey Salad

Cycle I, 2019				Rockport Senior Living			Week 4
Meal	Sunday September 22, 2019	Monday September 23, 2019	Tuesday September 24, 2019	Wednesday September 25, 2019	Thursday September 26, 2019	Friday September 27, 2019	Saturday September 28, 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 Egg McMuffins 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 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	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	Pot Roast Mashed Potatoes Peas Fresh Baked Dinner Rolls Butter/Margarine Cherry Lime Pie Beverage of Choice	Dave's Cabbage Soup BLT French Fries Diced Pears Beverage of Choice	French Onion Soup with Cheese and Croutons Tuna Noodle Casserole Mixed Vegetables Mini Croissants Pineapple Beverage of Choice 	Lentil Bean Soup Pulled Pork Sandwich Macaroni Salad Peach Fluff Beverage of Choice	Cauliflower Chowder Turkey Burger Breaded Zucchini Tropical Fruit Beverage of Choice	BREAKFAST BUFFET 9-1 	BLT Soup Steak-Um Sandwich with Mushrooms Onion Rings Mandarin Orange Jello Beverage of Choice
D I N N E R	Sloppy Joe Melt Chips Vegetable Salad Watermelon Lemon Pound Cake Beverage of Choice 	Beef Burgundy Dumplings Carrot Coins Fresh Baked Dinner Rolls Butter/Margarine Rice Pudding Beverage of Choice	Country Pork Chops Potatoes Anna Red Cabbage Fresh Baked Dinner Rolls Butter/Margarine Beverage of Choice	Whole Wheat Ziti with Meatballs Capri Vegetables Garlic Toast Heavenly Oreo Dessert Beverage of Choice	Beef Stir Fry Rice Spring Rolls Fresh Baked Dinner Rolls Butter/Margarine Apple Cobbler Beverage of Choice 	Shrimp Scampi Broccoli Quinoa Blend Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes Beverage of Choice	Stuffed Green Peppers Augratin Potatoes Cauliflower Sweet Bread Frosted Cake Beverage of Choice 
A L T	Turkey and Cheese Sandwich and Mandarin Orange Pecan Salad	Turkey and Cheese Sandwich and Mandarin Orange Pecan Salad	Turkey and Cheese Sandwich and Mandarin Orange Pecan Salad	Turkey and Cheese Sandwich and Mandarin Orange Pecan Salad	Turkey and Cheese Sandwich and Mandarin Orange Pecan Salad	Turkey and Cheese Sandwich and Mandarin Orange Pecan Salad	Turkey and Cheese Sandwich and Mandarin Orange Pecan Salad

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