

ROCKPORT SENIOR LIVING-NOVEMBER, 2019



SATURDAY
NOVEMBER 23, 2019

HAPPY
THANKSGIVING
TO ALL!!!

BREAKFAST



Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

Assorted Juices
Western Eggs
Muffins
Cold or Hot Cereal
Whole Fruit
Milk, Coffee, Tea

Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

Assorted Juices
Mini Grand Slam
Fresh Fruit
Cold or Hot Cereal
Whole Fruit
Milk, Coffee, Tea

Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

BREAKFAST
BUFFET
9:00-1:00

Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

LUNCH



BBQ RIBS
BAKED BEANS
JOJO POTATOES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
PEACH COBBLER ALA MODE
BEVERAGE OF CHOICE

CORN CHOWDER
FISH SANDWICH WITH CHEESE
COLE SLAW
FOREST PEARS
PINEAPPLE
BEVERAGE OF CHOICE

PORK VEGETABLE NOODLE
SOUP
STEAK UM SANDWICH WITH
MUSHROOMS AND CHEESE
BREADED VEGETABLES
APRICOT HALVES
BEVERAGE OF CHOICE

MUSHROOM BARLEY SOUP
EGG SALAD SANDWICH
POTATO SALAD
APPLE SAUCE
BEVERAGE OF CHOICE

WHITE CHICKEN CHILI
JOHNNY MARZETTI
TOSSED SALAD
BREAD STIX
TROPICAL FRUIT
BEVERAGE OF CHOICE

BREAKFAST
BUFFET
9:00-1:00

LENTIL SOUP
CHICKEN MONTEREY SANDWICH
VEGETABLE BOWTIE SALAD
MANDARINE ORANGE JELLO
BEVERAGE OF CHOICE

DINNER



FLAT BREAD PIZZA
TOSSED SALAD
HAWAIIAN SALAD
FRESH BAKED COOKIES
BEVERAGE OF CHOICE

BEEF STEW OVER
DUMPLINGS
3-BEAN SALAD
CORN MUFFINS
FRUIT SORBET
BEVERAGE OF CHOICE

STUFFED PEPPERS
AUGRATIN POTATOES
CORN
CHEESEY BISCUITS
CHEESECAKE
BEVERAGE OF CHOICE

CRANBERRY HAM
SWEET POTATOES
GREEN BEANS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
TROPICAL PUDDING
BEVERAGE OF CHOICE

BREADED PORK CHOPS
RICE PILAF
PEAS AND CAULIFLOWER
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
PUMPKIN SPICE CAKE
BEVERAGE OF CHOICE

FRIED CHICKEN
SCALLOPED POTATOES
BRUSSEL SPROUTS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ICE CREAM
BEVERAGE OF CHOICE

MEAT LOAF
MASHED POTATOES
BABY CARROTS
SWEET BREAD
CHERRY STRUDEL
BEVERAGE OF CHOICE

ALTERNATIVES



Peanut Butter and Jelly
Sandwich
Or
Pecan Mandarin Orange
Salad

Peanut Butter and Jelly
Sandwich
Or
Pecan Mandarin Orange
Salad

Peanut Butter and Jelly
Sandwich
Or
Pecan Mandarin Orange
Salad

Peanut Butter and Jelly
Sandwich
Or
Pecan Mandarin Orange
Salad

Peanut Butter and Jelly
Sandwich
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Salad

Peanut Butter and Jelly
Sandwich
Or
Pecan Mandarin Orange
Salad

ROCKPORT SENIOR LIVING-NOVEMBER, 2019



SATURDAY
NOVEMBER 30, 2019

HAPPY
THANKSGIVING
TO ALL!!!

BREAKFAST



Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

Assorted Juices
French Toast
with Syrup and Butter
Link Sausage
Cold or Hot Cereal
Whole Fruit
Milk, Coffee, Tea

Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

Assorted Juices
Breakfast Taco
Fruit Cup
Cold or Hot Cereal
Whole Fruit
Milk, Coffee, Tea

Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

Assorted Juices
Scrambled Eggs
Bacon
Danish
Cold or Hot Cereal
Whole Fruit
Milk, Coffee, Tea

Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

LUNCH



ROAST BEEF
GARLIC MASHED POTATOES
BROCCOLI
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
FRUIT PIE
BEVERAGE OF CHOICE

CHILI
HOT DOGS
MACARONI SALAD
SLICED PEACHES
BEVERAGE OF CHOICE

MINISTRONE SOUP
BLT
BLACK BEAN AND CORN SALAD
DICED PEARS
BEVERAGE OF CHOICE

THANKSGIVING DAY
LUNCHEON



THANKSGIVING DINNER
WITH ALL THE FIXIN'S



CREAM OF BROCCOLI SOUP
MUSHROOM SWISS CHEESE
BURGER WITH LEETTUCE AND
TOMATO
POTATO SALAD
FRUIT CUP
BEVERAGE OF CHOICE

POTATO LEEK SOUP
PANKO CHICKEN BREAST
SANDWICH
PEA SALAD
JELLO
BEVERAGE OF CHOICE

DINNER



HAWAIIAN PINEAPPLE PORK
SANDWICH
SWEET POTATO FRIES
FRESH BAKED COOKIES
BEVERAGE OF CHOICE

SESAME SEED CHICKEN
FRIED RICE
ORIENTAL VEGETABLES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
FROSTED CAKE
BEVERAGE OF CHOICE

SPAGHETTI WITH MEATBALLS
MALIBU VEGETABLES
POPPYSEED SALAD
GARLIC TOAST
BANANA SPLIT PUDDING
BEVERAGE OF CHOICE

CHEF SALAD
MINI CROISSANTS
SLICED PEACHES
ICE CREAM TREATS
BEVERAGE OF CHOICE

HAPPY THANKSGIVING!
MEALS DELIVERED TO YOUR
SUITE
Corned Beef and Swiss on Rye
Fruit Cup
Cookies
Milk or Juice

FISH AND CHIPS
COLE SLAW
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ICE CREAM SUNDAES
BEVERAGE OF CHOICE

HUNGARIAN PORK CHOP
QUARTERED RED SKINNED
POTATOES
ROASTED ZUCCHINI
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ANGEL FOOD CAKE WITH FRUIT
TOPPING
BEVERAGE OF CHOICE

ALTERNATIVES



HAM AND CHEESE
SANDWICH
OR
SPINACH BACON SALAD

HAM AND CHEESE
SANDWICH
OR
SPINACH BACON SALAD

HAM AND CHEESE
SANDWICH
OR
SPINACH BACON SALAD

HAM AND CHEESE
SANDWICH
OR
SPINACH BACON SALAD

HAM AND CHEESE
SANDWICH
OR
SPINACH BACON SALAD

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SPINACH BACON SALAD

HAM AND CHEESE
SANDWICH
OR
SPINACH BACON SALAD