

ROCKPORT SENIOR LIVING-JANUARY, 2020



SUNDAY
JANUARY 5, 2020

MONDAY
JANUARY 6, 2020

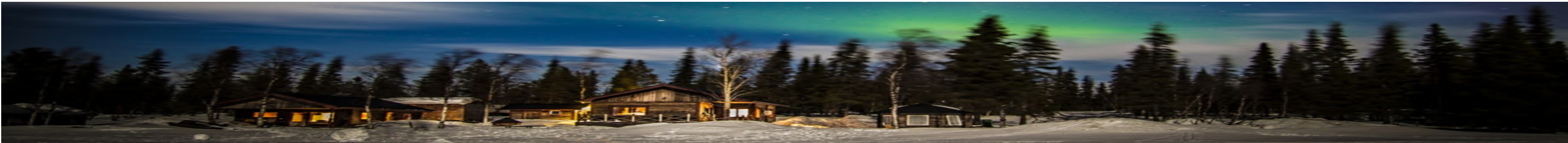
TUESDAY
JANUARY 7, 2020

WEDNESDAY
JANUARY 8, 2020

THURSDAY
JANUARY 9, 2020

FRIDAY
JANUARY 10, 2020

SATURDAY
JANUARY 11, 2020



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
Scrambled Eggs
Sausage Patty
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

Assorted Juices
Corn Beef Hash
with Egg
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

Assorted Juices
Cheese Omelet
Bacon
Scones
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
MASHED POTATOES
CORN
FRESH BAKED DINNER
ROLLS
BUTTER/MARGARINE
APPLE PIE
BEVERAGE OF CHOICE

CHICKEN NOODLE SOUP
BACON, LETTUCE AND TO-
MOATO SANDWICH
MACARONI SALAD
SLICED PEACHES
BEVERAGE OF CHOICE

BLT SOUP
HAM SALAD SANDWICH
SWEET POTATO FRIES
PINEAPPLE
BEVERAGE OF CHOICE

LENTIL BEAN SOUP
TURKEY ALA KING
OVER BISCUITS
MIXED VEGETABLES
TROPICAL FRUIT
BEVERAGE OF CHOICE

FRENCH ONION SOUP
WITH CHEESE AND
CROUTONS
CRISPY CHICKEN SALAD
MINI CROISSANTS
CINNAMON APPLE SAUCE
BEVERAGE OF CHOICE

GARDEN VEGETABLE BARLEY
SOUP
BACON CHEESEBURGER
FRENCH FRIES
HAWAIIAN SALAD
BEVERAGE OF CHOICE

CORN CHOWDER
3-MEAT QUICHE
BREADED ZUCCHINI
CHERRY PEAR JELLO
BEVERAGE OF CHOICE

DINNER



PORK MAC SANDWICH
CHIPS
BEET SALAD
WHOLE FRUIT
FRESH BAKED COOKIES
BEVERAGE OF CHOICE

BAKED HERB CHICKEN
ROASTED ZUCCHINI
AUGRATIN POTATOES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
CHOCOLATE MOUSSE
BEVERAGE OF CHOICE

BEEF STEW OVER
DUMPLINGS
CUCUMBER SALAD
CORN MUFFINS
CREAM PIE
BEVERAGE OF CHOICE

SPAGHETTI WITH MEATBALLS
ITALIAN GREEN BEANS
TOSSED SALAD
GARLIC TOAST
CHERRY COBBLER
BEVERAGE OF CHOICE

MAPLE BOURBON PORK
TENDERLOIN
SWEET POTATOES
PEAS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ORANGE DREAM CAKE
BEVERAGE OF CHOICE

CRACKERED HADDOCK
SPINACH
ROASTED RED SKIN
POTATOES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ICE CREAM
BEVERAGE OF CHOICE

STUFFED CABBAGE
SCALLOPED POTATOES
COIN CARROTS
SWEET BREAD
APPLE DUMPLINGS
BEVERAGE OF CHOICE

ALTERNATIVES



BOLOGNA AND CHEESE
SANDWICH
OR
COBB SALAD

BOLOGNA AND CHEESE
SANDWICH
OR
COBB SALAD

BOLOGNA AND CHEESE
SANDWICH
OR
COBB SALAD

BOLOGNA AND CHEESE
SANDWICH
OR
COBB SALAD

BOLOGNA AND CHEESE
SANDWICH
OR
COBB SALAD

BOLOGNA AND CHEESE
SANDWICH
OR
COBB SALAD

BOLOGNA AND CHEESE
SANDWICH
OR
COBB SALAD

ROCKPORT SENIOR LIVING-JANUARY, 2020



SUNDAY
JANUARY 12, 2020

MONDAY
JANUARY 13, 2020

TUESDAY
JANUARY 14, 2020

WEDNESDAY
JANUARY 15, 2020

THURSDAY
JANUARY 16, 2020

FRIDAY
JANUARY 17, 2020

SATURDAY
JANUARY 18, 2020

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
Waffles with Syrup and Butter
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
Egg Bowl
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
Eggs Cooked to Order
Toast
Bacon
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



POT ROAST
MASHED RED SKIN
POTATOES
BAKED DINNER ROLLS
BUTTER/MARGARINE
PEACH PIE
BEVERAGE OF CHOICE

LEMON CHICKEN ORZO
SOUP
MEATBALL SUBMARINE
SANDWICH
BROCCOLI PASTA SALAD
ROSEY PEARS
BEVERAGE OF CHOICE

CREAM OF VEGETABLE
SOUP
MC RIB SANDWICH
POTATO SALAD
DICED PEACHES
BEVERAGE OF CHOICE

WHITE BEAN KALE SOUP
CHICKEN SALAD SANDWICH
ONION RINGS
PINEAPPLES AND CHERRIES
BEVERAGE OF CHOICE

MUSHROOM BARLEY SOUP
BEEF AND POTATO
CASSEROLE
TOSSED SALAD
MANDARIN ORANGES
BEVERAGE OF CHOICE

TOMATO BASIL SOUP
GRILLED HAM AND CHEESE
SANDWICH
TATER TOTS
APRICOT HALVVS
BEVERAGE OF CHOICE

MINESTRONE SOUP
HOGIE WITH LETTUCE AND
TOMATO
BOWTIE PASTA SALAD
AMBROSIA SALAD
BEVERAGE OF CHOICE

DINNER



DORITO TACO SALAD
BREAD STIX
COTTAGE CHEESE WITH
PINEAPPLE
ICE CREAM TREATS
BEVERAGE OF CHOICE

BEEF STROGANOFF
OVER NOODLES
GLAZED CARROTS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
SHERBET
BEVERAGE OF CHOICE

CHICKEN BAKE
SCALLOPED POTATOES
BROCCOLI
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
LEMON MERENGE PIE
BEVERAGE OF CHOICE

BAKED ZITI WITH ITALIAN
SAUSAGE
ITALIAN MIXED VEGETABLES
CAESAR SALAD
GARLIC TOAST
FRUIT CRISP
BEVERAGE OF CHOICE

PORK CITY CHICKEN
RICE PILAF
BRUSSEL SPROUTS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
FRESH BAKED COOKIES
BEVERAGE OF CHOICE

BEER BATTERED SHRIMP
PRINCE EDWARD
VEGETABLES
COLE SLAW
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ICE CREAM
BEVERAGE OF CHOICE

ROASTED TURKEY
SWEET POTATOES
GREEN BEANS
CRANBERRY SAUCE
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
PECAN PIE
BEVERAGE OF CHOICE

ALTERNATIVES



PEANUT BUTTER AND
JELLY
OR
ITALIAN SALAD

PEANUT BUTTER AND
JELLY
OR
ITALIAN SALAD

PEANUT BUTTER AND
JELLY
OR
ITALIAN SALAD

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JELLY
OR
ITALIAN SALAD

PEANUT BUTTER AND
JELLY
OR
ITALIAN SALAD

PEANUT BUTTER AND
JELLY
OR
ITALIAN SALAD

PEANUT BUTTER AND
JELLY
OR
ITALIAN SALAD

ROCKPORT SENIOR LIVING-JANUARY, 2020



SUNDAY
JANUARY 19, 2020

MONDAY
JANUARY 20, 2020

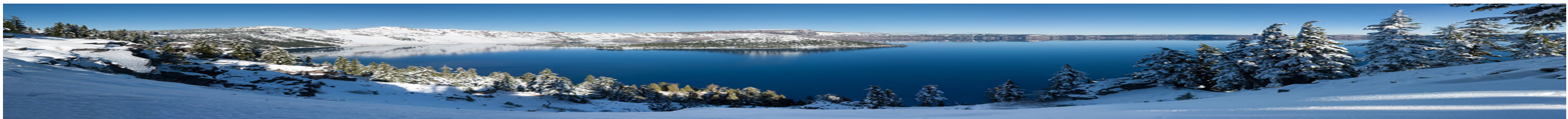
TUESDAY
JANUARY 21, 2020

WEDNESDAY
JANUARY 22, 2020

THURSDAY
JANUARY 23, 2020

FRIDAY
JANUARY 24, 2020

SATURDAY
JANUARY 25, 2020



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
Breakfast Taco
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

Assorted Juices
Egg Biscuit Sandwich
Hash Browns
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



HONEY BAKED HAM
BAKED SWEET POTATOES
GREEN BEANS
FRESH BAKED DINNER
ROLLS
BUTTER/MARGARINE
BLUEBERRY PIE
BEVERAGE OF CHOICE

TURKEY TETRAZZINI SOUP
STUFFED BAKED POTATOES
BREAD STIX
MANDARIN ORANGES
BEVERAGE OF CHOICE
**MARTIN LUTHER KING
DAY**

ALPHABET VEGETABLE
SOUP
SWEET AND SOUR MEATBALLS
RICE
MIXED VEGETABLES
PEACH FLUFF
BEVERAGE OF CHOICE

TUSCAN VEGETABLE AND
SAUSAGE SOUP
TURKEY CLUB SANDWICH
FRENCH FRIES
PEAR DELIGHT
BEVERAGE OF CHOICE

POTATO LEEK SOUP
CHILI DOGS
ONION RINGS
ROSEY APPLES
BEVERAGE OF CHOICE

**BREAKFAST
BUFFET
9:00-1:00**

BEEF STROGANOFF SOUP
PIEROGIES
CAPRI VEGETABLES
FRUITED JELLO
BEVERAGE OF CHOICE

DINNER



PANKO CHICKEN SANDWICH
WITH LETTUCE AND TOMATO
CHIPS
CUCUMBER SALAD
CHOCOLATE ECLAIRS
BEVERAGE OF CHOICE

KIELBASA WITH SAUERKRAUT
MASHED POTATOES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
LEMON MOUSSE
BEVERAGE OF CHOICE

MONTE CARLO
CORN
JOJO POTATOES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
STRAWBERRY RHUBARB PIE
BEVERAGE OF CHOICE

STUFFED SHELLS WITH MEAT
SAUCE
PRINCE EDWARD VEGETABLES
TOSSED SALAD
GARLIC TOAST
BLACK FOREST CAKE
BEVERAGE OF CHOICE

VEAL MARSALA
COIN CARROTS
NOODLES JEFFERSON
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ANGEL FOOD CAKE
BEVERAGE OF CHOICE

BREADED PORK CHOPS
BAKED POTATO WITH BUTTER
AND SOUR CREAM
PEAS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ICE CREAM WITH FRUIT
TOPPING
BEVERAGE OF CHOICE

BEEF STIR FRY
FRIED RICE
SPRING ROLLS
CHEESE CAKE
BEVERAGE OF CHOICE

CHINESE NEW YEAR!

ALTERNATIVES



TURKEY AND CHEESE
SANDWICH

Or
BEEF TEXAN SALAD

TURKEY AND CHEESE
SANDWICH

Or
BEEF TEXAN SALAD

TURKEY AND CHEESE
SANDWICH

Or
BEEF TEXAN SALAD

TURKEY AND CHEESE
SANDWICH

Or
BEEF TEXAN SALAD

TURKEY AND CHEESE
SANDWICH

Or
BEEF TEXAN SALAD

TURKEY AND CHEESE
SANDWICH

Or
BEEF TEXAN SALAD

TURKEY AND CHEESE
SANDWICH

Or
BEEF TEXAN SALAD

ROCKPORT SENIOR LIVING-JANUARY, 2020



SUNDAY
 JANUARY 26, 2020

MONDAY
 JANUARY 27, 2020

TUESDAY
 JANUARY 28, 2020

WEDNESDAY
 JANUARY 29, 2020

THURSDAY
 JANUARY 30, 2020

FRIDAY
 JANUARY 31, 2020

SATURDAY
 FEBRUARY 1, 2020

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 Stix
 Syrup
 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
 Chip Beef over Biscuits
 Hash Browns
 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 Croissant
 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

LUNCH



RANCHER STEAK
 BAKED POTATO WITH SOUR
 CREAM AND BUTTER
 WINTER VEGETABLES
 FRESH DINNER ROLLS
 BUTTER/MARGARINE
 PEACH COBBLER ALA MODE
 BEVERAGE OF CHOICE

PORK VEGETABLE BARLEY
 SOUP
 BACON MACARONI AND
 CHEESE
 STEWED TOMATOES
 PINEAPPLE
 BEVERAGE OF CHOICE

WHITE CHICKEN CHILI
 BRATWURST SANDWICH
 HOT GERMAN POTATO
 SALAD
 DICED PEARS
 BEVERAGE OF CHOICE

CHEESEBURGER SOUP
 CHEF SALAD WITH ASSORTED
 DRESSINGS
 MINI CROISSANTS
 SLICED PEACHES
 BEVERAGE OF CHOICE

CREAM OF MUSHROOM
 SOUP
 CORN BEEF AND SWISS ON
 RYE
 BREADED VEGETABLES
 TROPICAL FRUIT
 BEVERAGE OF CHOICE

7-BEAN SOUP
 PATTY MELT
 CHIPS
 5-CUP SALAD
 BEVERAGE OF CHOICE

CAULIFLOWER SOUP
 TONY'S PIZZA
 TOSSED SALAD
 JELLO WITH MINI
 MARSHMALLOWS
 BEVERAGE OF CHOICE

DINNER



HOT DOGS
 MACARONI SALAD
 QUARTERED ORANGES
 FRESH BAKED COOKIES
 BEVERAGE OF CHOICE

CHICKEN PARMESAN
 PASTA
 GREEN BEANS
 BARLIC TOAST
 TANGO PUDDING
 BEVERAGE OF CHOICE

MEAT LOAF
 MASHED POTATOES WITH
 GRAVY
 GLAZED CARROTS
 FRESH BAKED DINNER ROLLS
 BUTTER/MARGARINE
 CHERRY STREUDEL
 BEVERAGE OF CHOICE

SHORT RIBS
 AUGRATIN POTATOES
 CORN
 SWEET BREAD
 FRUIT PIE
 BEVERAGE OF CHOICE

BAKED PINEAPPLE HAM
 SWEET POTATOES
 BROCCOLI
 FRESH BAKED DINNER ROLLS
 BUTTER/MARGARINE
 CARROT CAKE
 BEVERAGE OF CHOICE

CHICKEN IN A BASKET
 BROCCOLI SLAW
 FRESH BAKED DINNER ROLLS
 BUTTER/MARGARINE
 ICE CREAM SUNDAES
 BEVERAGE OF CHOICE

SWISS STEAK
 SCALLOPED POTATOES
 SPINACH
 MUFFINS
 CHEESE CAKE WITH FRUIT
 TOPPING
 BEVERAGE OF CHOICE

ALTERNATIVES



TUNA SALAD SANDWICH

 OR
 SPINACH BACON SALAD

TUNA SALAD SANDWICH

 OR
 SPINACH BACON SALAD

TUNA SALAD SANDWICH

 OR
 SPINACH BACON SALAD

TUNA SALAD SANDWICH

 OR
 SPINACH BACON SALAD

TUNA SALAD SANDWICH

 OR
 SPINACH BACON SALAD

TUNA SALAD SANDWICH

 OR
 SPINACH BACON SALAD

TUNA SALAD SANDWICH

 OR
 SPINACH BACON SALAD