

ROCKPORT SENIOR LIVING-FEBRUARY, 2020



SUNDAY
FEBRUARY 2, 2020

MONDAY
FEBRUARY 3, 2020

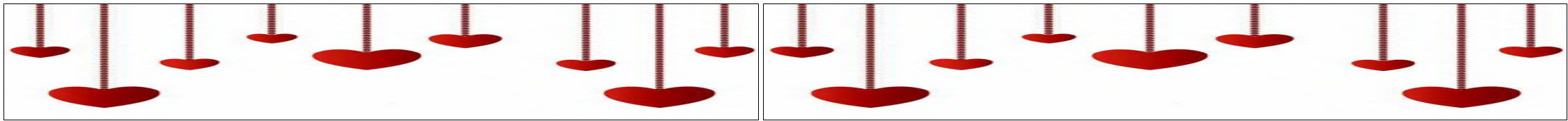
TUESDAY
FEBRUARY 4, 2020

WEDNESDAY
FEBRUARY 5, 2020

THURSDAY
FEBRUARY 6, 2020

FRIDAY
FEBRUARY 7, 2020

SATURDAY
FEBRUARY 8, 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
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

Assorted Juices
Egg, Cheese and Sausage
Biscuits
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
Breakfast 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

LUNCH



ROAST BEEF
MASHED POTATOES WITH
GRAVY
HERBED GREEN BEANS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
APPLE PIE
BEVERAGE OF CHOICE

CHICKEN NOODLE SOUP
BACON CHEESEBURGER
MACARONI SALAD
SLICED PEACHES
BEVERAGE OF CHOICE

CABBAGE ROLL SOUP
ITALIAN SAUSAGE SUB WITH
PEPPERS AND ONIONS
TOMATO CUCUMBER SALAD
COTTAGE CHEESE AND
PINEAPPLE
BEVERAGE OF CHOICE

VEGETABLE BARLEY SOUP
HAM SALAD ON A CROISSANT
SWEET POTATO FRIES
MANDARIN ORANGES
BEVERAGE OF CHOICE

CREAM OF MUSHROOM SOUP
GRILLED CHICKEN AND BACON
SALAD
MINI CROISSANTS
STRAWBERRY APPLE SAUCE
BEVERAGE OF CHOICE

TOMATO BISQUE
GRILLED CHEESE SANDWICH
RED SKINNED POTATO SALAD
BERRY CUP
BEVERAGE OF CHOICE

PINTO BEAN SOUP
CHICKEN POT PIE
BREADED VEGETABLES
CHERRY PEAR JELLO
BEVERAGE OF CHOICE

DINNER



CHICKEN CORDON BLUE
MIXED VEGETABLES
FRUIT COCKTAIL
ICE CREAM TREATS
BEVERAGE OF CHOICE

BAKED ZITI WITH CHEESE
ITALIAN MIXED VEGETABLES
GARLIC TOAST
PUDDING TWIST
BEVERAGE OF CHOICE

CHICKEN VESUVIA
SPANISH RICE
PEAS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
FRESH BAKED COOKIES
BEVERAGE OF CHOICE

BREADED PORKCHOPS
BAKED POTATO WITH SOUR
CREAM AND BUTTER
CAPRI VEGETABLES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
CREAM PIE
BEVERAGE OF CHOICE

SALISBURY STEAK WITH
PEPPERS AND ONION GRAVY
PARSLIED BUTTERED NOODLES
SAVORY SPINACH
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
CHERRY COBBLER
BEVERAGE OF CHOICE

BAKED KIEV FISH DINNER
CAULIFLOWER
GARDEN RICE
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ICE CREAM
BEVERAGE OF CHOICE

HUNGARIAN BEEF
ROASTED RANCH POTATOES
CARROTS
CHEESEY BISCUITS
CHEESECAKE
BEVERAGE OF CHOICE

ALTERNATIVES



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

ROCKPORT SENIOR LIVING-FEBRUARY, 2020

HAPPY VALENTINES DAY!

SUNDAY
FEBRUARY 9, 2020

MONDAY
FEBRUARY 10, 2020

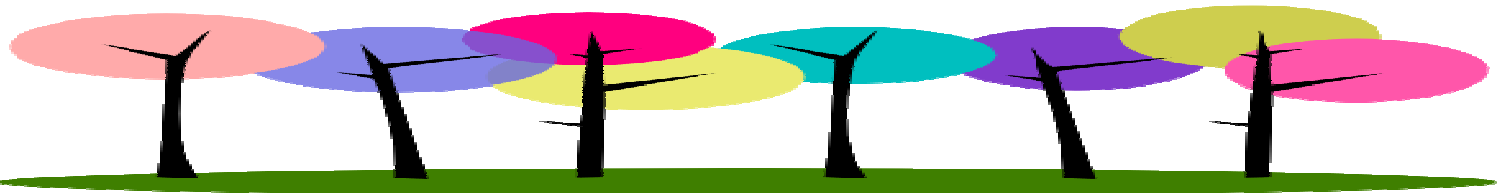
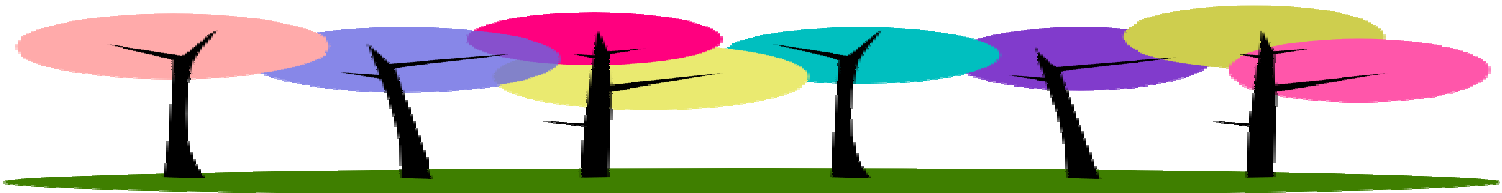
TUESDAY
FEBRUARY 11, 2020

WEDNESDAY
FEBRUARY 12, 2020

THURSDAY
FEBRUARY 13, 2020

FRIDAY
FEBRUARY 14, 2020

SATURDAY
FEBRUARY 15, 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
Blueberry Filled Pancakes
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
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

Assorted Juices
Mini Grand Slam
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



GRILLED CHICKEN BREAST
BAKED SWEET POTATO
BROCCOLI
FRESH BAKED DINNER
ROLLS
BUTTER/MARGARINE
BLUEBERRY PIE
BEVERAGE OF CHOICE

CREAM OF VEGETABLE
SOUP
SLOPPY JOE
TATER TOTS
PINEAPPLE
BEVERAGE OF CHOICE

LEMON CHICKEN ORZO
SOUP
GYRO SUB
MACARONI SALAD
STRAWBERRIES ROMANOFF
BEVERAGE OF CHOICE

MUSHROOM BARLEY SOUP
BEEF AND MACARONI
TOSSED SALAD
GARLIC TOAST
SLICED PEARS
BEVERAGE OF CHOICE

POTATO CORN CHOWDER
NEW YORK HOT DOGS
FRENCH FRIES
FRUIT COCKTAIL
BEVERAGE OF CHOICE

MINESTRONE SOUP
GRILLED RUBEN
POTATO CHIPS
DILL PICKLE SPEARS
TROPICAL FRUIT
BEVERAGE OF CHOICE
**HAPPY VALENTINES
DAY**

NAVY BEAN SOUP
HOGIE
VEGETABLE PASTA SALAD
APRICOT HALVES
BEVERAGE OF CHOICE

DINNER



FLAT BREAD PEPPERONI PIZZA
TOSSED SALAD
QUARTERED ORANGES
CHOCOLATE ECLAIRS
BEVERAGE OF CHOICE
National pizza day

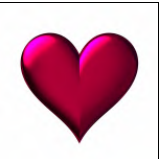
KIELBASA
RED CABBAGE
POTATO PANCAKES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
FRUIT TARTLET
BEVERAGE OF CHOICE

ROASTED TURKEY
NOODLES ROMANOFF
ITALIAN GREEN BEANS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ICE CREAM
BEVERAGE OF CHOICE

STUFFED PORK CHOPS
MASHED SWEET POTATOES
PEAS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
PUMPKIN PIE
BEVERAGE OF CHOICE

POINEAPPLE CHICKEN
FRIED RICE
ORIENTAL VEGETABLS
CORN MUFFINS
FROSTED CAKE
BEVERAGE OF CHOICE

**SPECIAL VALENTINES
DAY DINNER**



STUFFED PEPPERS
SCALLOPED POTATOES
CORN
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
APPLE STREUDEL
BEVERAGE OF CHOICE

ALTERNATIVES



PEANUT BUTTER AND
JELLY SANDWICH

OR
BLUEBERRY CRANBERRY
CHCKEN SALAD

PEANUT BUTTER AND
JELLY SANDWICH

OR
BLUEBERRY CRANBERRY
CHCKEN SALAD

PEANUT BUTTER AND
JELLY SANDWICH

OR
BLUEBERRY CRANBERRY
CHCKEN SALAD

PEANUT BUTTER AND
JELLY SANDWICH

OR
BLUEBERRY CRANBERRY
CHCKEN SALAD

PEANUT BUTTER AND
JELLY SANDWICH

OR
BLUEBERRY CRANBERRY
CHCKEN SALAD

PEANUT BUTTER AND
JELLY SANDWICH

OR
BLUEBERRY CRANBERRY
CHCKEN SALAD

PEANUT BUTTER AND
JELLY SANDWICH

OR
BLUEBERRY CRANBERRY
CHCKEN SALAD

ROCKPORT SENIOR LIVING-FEBRUARY, 2020



SUNDAY
FEBRUARY 16, 2020

MONDAY
FEBRUARY 17, 2020

TUESDAY
FEBRUARY 18, 2020

WEDNESDAY
FEBRUARY 19, 2020

THURSDAY
FEBRUARY 20, 2020

FRIDAY
FEBRUARY 21, 2020

SATURDAY
FEBRUARY 22, 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

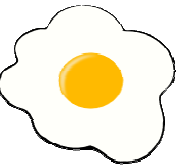
Assorted Juices
Cold or Hot Cereal
Hard Boiled Eggs
Fresh Cut/Whole Fruit
Yogurt
Breakfast Bread
Danish/Donuts
Peanut Butter/Jelly
Milk, Coffee, Tea

Assorted Juices
Corned Beef Hash with Egg
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

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



POT ROAST
MASHED POTATOES
GREEN BEAN CASSEROLE
DINNER ROLLS
BUTTER/MARGARINE
PEACH PIE
BEVERAGE OF CHOICE

DAVE'S CABBAGE SOUP
TOP DOGS
WAFFLE FRIES
APPLE CINNAMON SLICES
BEVERAGE OF CHOICE

BEEF BARLEY SOUP
MACARONI AND CHEESE
STEWED TOMATOES
BREAD STIX
BLUEBERRIES AND PEACHES
BEVERAGE OF CHOICE

KIELBASA POTATO SOUP
HAM AND CHEESE
CROISSANTS
CORN NUGGETS
PEAR DELIGHT
BEVERAGE OF CHOICE

MINISTRONE SOUP
ROASTED TURKEY AND
CRANBERRY SALAD
MINI CROISSANTS
MANDARIN ORANGES
BEVERAGE OF CHOICE

BREAKFAST BUFFET

9:00-1:00



LENTIL BEAN SOUP
CHICKEN TENDERS WITH BBQ
SAUCE
HOT GERMAN POTATO
SALAD
FRUITED JELLO
BEVERAGE OF CHOICE

DINNER



PANKO CHICKEN BREASTS
BLACK BEAN AND CORN
SALAD
WHOLE FRUIT
FRESH BAKED COOKIES
BEVERAGE OF CHOICE

HAWAIIAN PORK
WHITE RICE
BABY CARROTS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
LEMON POUND CAKE
BEVERAGE OF CHOICE

BEEF LO MEIN
VEGETABLE EGG ROLLS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
BANANA PUDDING
BEVERAGE OF CHOICE

VEAL PARMESAN WITH
PASTA
PRINCE EDWARD
VEGETABLES
GARLIC TOAST
FRUIT CRISP
BEVERAGE OF CHOICE

BBQ BEEF BRISKET
JOJO POTATOES
CAULIFLOWER
CORN MUFFINS
CHERRY PIE
BEVERAGE OF CHOICE

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

CHOPPED STEAK WITH
MUSHROOMS AND ONIONS
BAKED POTATO WITH SOUR
CREAM AND BUTTER
PEAS
SWEET BREAD
ANGEL FOOD CAKE
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-FEBRUARY, 2020



SUNDAY
FEBRUARY 24, 2020

MONDAY
FEBRUARY 25, 2020

TUESDAY
FEBRUARY 26, 2020

WEDNESDAY
FEBRUARY 27, 2020

THURSDAY
FEBRUARY 28, 2020

FRIDAY
FEBRUARY 29, 2020

SATURDAY
MARCH 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
Breakfast Croissant
Potatoes
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
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
Bacon
Toast
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



BBQ RIBS
JOJO POTATOES
BAKED BEANS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
MIXED BERRY PIE
BEVERAGE OF CHOICE

FRENCH ONION SOUP WITH CROUTONS AND CHEESE
CHICKEN SALAD SANDWICH
ONION RINGS
SLICED PEACHES
BEVERAGE OF CHOICE

CREAMY CHICKEN DUMPLING SOUP
BLT
MACARONI SALAD
FOREST PEARS
BEVERAGE OF CHOICE

ALPHABET VEGETABLE SOUP
FISH MELT
FRIES
HAWAIIAN SALAD
BEVERAGE OF CHOICE

ASH WEDNESDAY

CHILI
STEAK-UP SANDWICH WITH MUSHROOMS
TATER TOTS
CINNAMPON APPLE SAUCE
BEVERAGE OF CHOICE

TOMATO RICE SOUP
GRILLED CHEESE ON SOUR-DOUGH BREAD
ITALIAN BOW TIE SALAD
MANDARIN ORANGES
BEVERAGE OF CHOICE

CREAM OF BROCCOLI SOUP
MONTE CRISTO SANDWICH
TOMATO CORN CILANTRO SALAD
TROPICAL FRUIT
BEVERAGE OF CHOICE

DINNER



GRILLED ALL BEEF HOT DOGS
CHIPS
MARINATED MUSHROOM SALAD
WHOLE FRUIT
ICE CREAM TREATS
BEVERAGE OF CHOICE

BEEF STROGANOFF
DUMPLINGS
ORANGE GLAZED CARROTS
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
FRESH BAKED COOKIES
BEVERAGE OF CHOICE

STUFFED CABBAGE
AU GRATIN POTATOES
GREEN BEANS
MINI CROISSANTS
TAPIOCA PUDDING
BEVERAGE OF CHOICE

SPAGHETTI WITH MARINARA SAUCE
TUSCAN VEGETABLES
CAESAR SALAD
GARLIC TOAST
TORTE CAKE
BEVERAGE OF CHOICE

FRIED CHICKEN
ROASTED RED SKINS
SCANDINAVIAN VEGETABLES
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
BOSTON CREAM PIE
BEVERAGE OF CHOICE

BREADED FISH
SCALLOPED POTATOES
CALIFORNIA VEGETABLES
COLESLAW
FRESH BAKED DINNER ROLLS
BUTTER/MARGARINE
ICE CREAM
BEVERAGE OF CHOICE

MEAT LOAF
MASHED POTATOES WITH GRAVY
CORN
SWEET BREAD
CHEESECAKE WITH FRUIT TOPPING
BEVERAGE OF CHOICE

ALTERNATIVES



EGG SALAD SANDWICH
OR
MANDARIN ORANGE PECAN SALAD

EGG SALAD SANDWICH
OR
MANDARIN ORANGE PECAN SALAD

EGG SALAD SANDWICH
OR
MANDARIN ORANGE PECAN SALAD

EGG SALAD SANDWICH
OR
MANDARIN ORANGE PECAN SALAD

EGG SALAD SANDWICH
OR
MANDARIN ORANGE PECAN SALAD

EGG SALAD SANDWICH
OR
MANDARIN ORANGE PECAN SALAD

EGG SALAD SANDWICH
OR
MANDARIN ORANGE PECAN SALAD