





Cycle I, 2018

Rockport Senior Living

Week 1

Meal	Sunday January 14, 2018	Monday January 15, 2018	Tuesday January 16, 2018	Wednesday January 17, 2017	Thursday January 18, 2018	Friday January 19, 2018	Saturday January 20, 2018
B R E A K F A S T	Orange, Cranberry Juice Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry Juice Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry Juice Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry Juice Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry Juice Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry Juice Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry Juice Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea
L U N C H	Bacon Wrapped Steak Baked Potato with Sour Cream and Butter Cauliflower Fresh Baked Dinner Rolls Butter/Margarine Blueberry Pie Beverage of Choice	Cream of Potato Soup Fish Melt Cole Slaw Tropical Fruit Beverage of Choice 	Vegetable Noodle Soup Day After Thanksgiving Turkey Sandwich Mashed Potatoes with Gravy Cranberry Sauce Beverage of Choice	Cream of Asparagus Soup Swiss Cheese Burger with Lettuce and Tomato Waffle Fries Pear Delight Beverage of Choice	BLT Soup Crispy Chicken Salad Mini Croissants Sliced Peaches Chicken Club Sandwich Macaroni Salad Cinnamon Apple Sauce Beverage of Choice	Split Pea Soup with Ham Cheese Omelet Bacon Fresh Baked Biscuits Cinnamon Applesauce Beverage of Choice 	Beef Stroganoff Soup Bratwurst and Sauerkraut Pea Salad Forest Pears Beverage of Choice
D I N N E R	Panko Chicken Sandwich With Lettuce and Tomato Onion Rings Fresh Fruit Cupcakes Beverage of Choice	Spaghetti with Meatballs Italian Mixed Vegetables Garlic Toast BLT Salad Fresh Baked Dinner Rolls Butter/Margarine Boston Cream Pie Beverage of Choice	Pepper Steak over Rice Egg Roll Fresh Baked Dinner Rolls Butter/Margarine Metaxia's Special Dessert Beverage of Choice	Orange Cranberry Chicken Roasted Sweet Potatoes Broccoli Fresh Baked Dinner Rolls Butter/Margarine Apple Crisp Ala Mode Beverage of Choice 	Chopped Steak With Mushrooms and Onions Dumplings Peas Fresh Baked Dinner Rolls Butter/Margarine Orange Cake Beverage of Choice	Baked Lemon Butter Cod Cabbage and Noodles Beet Salad Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Pot Roast Mashed Potatoes Glazed Carrots Corn Muffins Angel Food Cake with Fruit Beverage of Choice 
A L T	Bologna and Cheese Sandwich or Spinach Bacon Salad	Bologna and Cheese Sandwich or Spinach Bacon Salad	Bologna and Cheese Sandwich or Spinach Bacon Salad	Bologna and Cheese Sandwich or Spinach Bacon Salad	Bologna and Cheese Sandwich or Spinach Bacon Salad	Bologna and Cheese Sandwich or Spinach Bacon Salad	Bologna and Cheese Sandwich or Spinach Bacon Salad








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

-- *Cygnel Menu Management System®*
U.S. Foodservice™

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

Meal	Sunday December 31, 2017	Monday January 1, 2018	Tuesday January 2, 2018	Wednesday January 3, 2018	Thursday January 4, 2018	Friday January 5, 2018	Saturday January 6, 2018
B R E A K F A S T	Orange, Cranberry Juice Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice
L U N C H	Roast Beef with Grilled Onions Malibu Vegetables Dutchess Potatoes Fresh Baked Dinner Rolls Butter/Margarine Peach Pie Beverage of Choice	Roasted Pork and Sauerkraut Mashed Potatoes Apple Sauce Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Treats Beverage of Choice 	Chicken Rice Soup Cheeseburger with Lettuce and Tomato Macaroni Salad Fruit Cocktail Beverage of Choice	Tuscan Kale Soup Panko Chicken Breast Sandwich with Lettuce and Tomato French Fries Sliced Peaches Beverage of Choice 	Poor Man's Soup Scrambled Egg Casserole ½ Baked Tomatoes Biscuits Berry Cup Beverage of Choice	Stuffed Pepper Soup BBQ Pork Patty Rancher Green Bean Salad Forest Pears Beverage of Choice 	Potato Leek Soup Grilled Reuben Corn Nuggets Fruited Jello with Mini Marshmallows Beverage of Choice
D I N N E R	MEALS DELIVERED TO YOUR SUITE Ham and Cheese Sandwich Fruit Cup Cookies Milk/Juice 	MEALS DELIVERED TO YOUR SUITE Chicken Salad Sandwich Fruit Cup Cookies Milk/Juice	Stuffed Peppers Rice Peas and Carrots Fresh Baked Dinner Rolls Butter/Margarine Metaxia's Special Dessert Beverage of Choice 	Spaghetti and Meat Sauce Italian Mixed Vegetables Tossed Salad Garlic Toast Tango Pudding Beverage of Choice	Beef Stew Dumplings 3-Bean Salad Fresh Baked Dinner Rolls Butter/Margarine Chocolate Cream Pie Beverage of Choice 	Beer Battered Shrimp Broccoli Parmesan Orzo Confetti Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Breaded Pork Chop Garden Rice Green Beans Fresh Baked Croissants Butter/Margarine Fruit Cobbler Beverage of Choice 
A L T	Gooseliver Sandwich or Chef Salad	Gooseliver Sandwich or Chef Salad	Gooseliver Sandwich or Chef Salad	Gooseliver Sandwich or Chef Salad	Gooseliver Sandwich or Chef Salad	Gooseliver Sandwich or Chef Salad	Gooseliver Sandwich or Chef Salad

Beverages of Choice: Coffee (Regular/Decaf)
Milk, Ice Tea, Hot Tea, Orange, Cranberry and
Vegetable Juices

Sugar Free or Low Sugar Desserts
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Crackers offered with all soups

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Meal	Sunday January 7, 2018	Monday January 8, 2018	Tuesday January 9, 2018	Wednesday January 10, 2018	Thursday January 11, 2018	Friday January 12, 2018	Saturday January 13, 2018
B R E A K F A S T	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice
L U N C H	Oven Roasted Quarter Chicken Augratin Potatoes Broccoli Fresh Baked Dinner Rolls Butter/Margarine Dutch Apple Pie Beverage of Choice 	Chicken Noodle Soup Country Fried Steak with Gravy Malibu Vegetables Breadstix Applesauce Beverage of Choice	Cream of Winter Soup Cheddar Ranch Turkey Burger with Lettuce and Tomato French Fries Peaches Beverage of Choice	Creamy Chicken Dumpling Soup BBQ Beef Sandwich Pasta Salad Ambrosia Fruit Salad Beverage of Choice	Beef Vegetable Barley Soup Corn Beef Hash with Fried Egg Fresh Baked Biscuits Pineapple Beverage of Choice 	Tomato Soup Grilled Ham and Cheese Sandwich Tater Tots Tropical Fruit Beverage of Choice	Minestrone Soup Egg Salad Sandwich Vegetable Salad Jello Beverage of Choice
D I N N E R	Hot Dogs Baked Beans Whole Fruit Chocolate Eclairs Beverage of Choice	Veal Parmesan with Side of Pasta Garlic Toast Tossed Salad Butterscotch Pudding Beverage of Choice	Monte Carlo Rice Pilaf Glazed Carrots Fresh Baked Dinner Rolls Butter/Margarine Metaxia's Special Dessert Beverage of Choice 	Ham with Pineapple Sauce Sweet Potatoes Green Beans Fresh Baked Dinner Rolls Butter/Margarine Carrot Cake Beverage of Choice	Meatloaf Mashed Potatoes Corn O'Brien Fresh Baked Dinner Rolls Butter/Margarine Chocolate Cream Pie Beverage of Choice	Fish and Chips Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Swiss Steak Roasted Red Skin Potatoes Asparagus Fresh Baked Dinner Rolls Butter/Margarine Cheesecake with Fruit Topping Beverage of Choice 
A L T	Chicken Salad Sandwich or Pizza Salad	Chicken Salad Sandwich or Pizza Salad	Chicken Salad Sandwich or Pizza Salad	Chicken Salad Sandwich or Pizza Salad	Chicken Salad Sandwich or Pizza Salad	Chicken Salad Sandwich or Pizza Salad	Chicken Salad Sandwich or Pizza Salad






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Cycle I, 2018		Rockport Senior Living					Week 4
Meal	Sunday January 21, 2018	Monday January 22, 2018	Tuesday January 23, 2018	Wednesday January 24, 2018	Thursday January 25, 2018	Friday January 26, 2018	Saturday January 27, 2018
B R E A K F A S T	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Hot Cereal Fresh Cut/Whole Fruit Danish Hard Boiled Eggs Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice	BREAKFAST BUFFET 9-1 	Cold or Hot Cereal Fresh Cut/Whole Fruit Yogurt Breakfast Bread Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea Orange, Cranberry Juice
	Honey Baked Ham Sweet Potato Casserole Broccoli Fresh Baked Dinner Rolls Butter/Margarine Peach Cobbler Ala Mode Beverage of Choice 	Alphabet Vegetable Soup Chicken Paprikash with Prince Edward Vegetables Fruit Fling Beverage of Choice	Creamy Chicken Noodle Soup Triple Grilled Cheese Sandwich Tater Tots Cottage Cheese with Fruit Beverage of Choice	Dave's Cabbage Soup Roast Beef Sandwich with Swiss Cheese Breaded Zucchini Mixed Berries Beverage of Choice	Roasted Garlic Potato Soup Tuna Noodle Casserole Mixed Vegetables Mandarine Oranges Beverage of Choice 	BREAKFAST BUFFET 9-1 	Cauliflower Chowder New York Style Hot Dogs Onion Rings Applesauce Beverage of Choice
L U N C H	Sloppy Joes Vegetable Salad Chips Whole Fruit Ice Cream Treats Beverage of Choice Egg Salad Sandwich orMandarine Orange PecanSalad	Beef Tenderloin Tips with Mushrooms and Onions Egg Noodles Carrots Fresh Baked Dinner Rolls Butter/Margarine Fruit Sorbet Beverage of Choice	Whole Wheat Ziti with Marinara Sauce Tuscan Vegetables Caesar Salad Garlic Toast Metaxia's Special Dessert Beverage of Choice 	Baked Herb Chicken Thighs Garden Rice Malibu Vegetables Fresh Baked Dinner Rolls Butter/Margarine Chocolate Cake Beverage of Choice	Bourbon Teriyaki Pork Tenderloin Peas LoMein Noodles Fresh Baked Dinner Rolls Butter/Margarine Pecan Pie Beverage of Choice	Baked Parmesan Fish Parslied Potatoes Spinach Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice CreamSundaes Beverage of Choice	Stuffed Cabbage Mashed Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Tango Pudding Beverage of Choice
	A L T	PBJ or Chef Salad	PBJ or Chef Salad	PBJ or Chef Salad	PBJ or Chef Salad	PBJ or Chef Salad	PBJ or Chef Salad

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