






Cycle I, 2017

Rockport Senior Living

Week 1

Meal	Sunday September 3, 2017	Monday September 4, 2017	Tuesday September 5, 2017	Wednesday September 6, 2017	Thursday September 7, 2017	Friday September 8, 2017	Saturday September 9, 2017
<b>B R E A K F A S T</b>	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
<b>L U N C H</b>	Roasted Turkey with Apple/Cranberry Stuffing Green Bean Casserole Fresh Baked Dinner Rolls Butter/Margarine Pumpkin Pie Beverage of Choice	BBQ Chicken Thighs Creamed Corn JoJo Potatoes Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Treats Beverage of Choice 	Chicken Pesto Orzo Soup Egg Salad Sandwich with Lettuce and Tomato Breaded Vegetables Pineapple and Cherries Beverage of Choice	Cauliflower Chowder Taco Salad Corn Muffins Tropical Fruit Beverage of Choice 	Garden Vegetable Barley Soup Pancakes with Syrup and Butter Link Sausage Cinnamon Apple Sauce Beverage of Choice	Tomato Rice Soup Grilled Triple Cheese Sandwich Waffle Fries Diced Pears Beverage of Choice	Minestrone Soup Italian Sausage Sandwich with Peppers and Onions Bacon and Broccoli Salad Sliced Peaches Beverage of Choice 
<b>D I N N E R</b>	Sausage, Egg and Cheese Croissant Cucumber Salad Quartered Oranges Fresh Baked Cookies Beverage of Choice	Ham and Cheese Sandwich Fruit Cup Cookies Milk or Juice  MEALS DELIVERED TO YOUR SUITE <b>LABOR DAY</b> 	Baked Ziti with Meatballs Caesar Salad Garlic Toast Beverage of Choice	Breaded Porkchops Baked Sweet Potato Malibu Vegetables Fresh Baked Dinner Rolls Butter/Margarine Mini Smore Pie Beverage of Choice	Beef Stroganoff over Noodles 3-Bean Salad Fresh Baked Dinner Rolls Butter/Margarine Chocolate Cake Beverage of Choice	Baked Salmon Potatoes O'Brien Glazed Carrots Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes Beverage of Choice 	Swiss Steak Rosemary Scalloped Potatoes Peas Fresh Baked Dinner Rolls Butter/Margarine Cheesecake with Fresh Fruit Topping Beverage of Choice
<b>A L T</b>	Bologna and Cheese Sandwich or Mandarin Orange and Pecan Salad	Bologna and Cheese Sandwich or Mandarin Orange and Pecan Salad	Bologna and Cheese Sandwich or Mandarin Orange and Pecan Salad	Bologna and Cheese Sandwich or Mandarin Orange and Pecan Salad	Bologna and Cheese Sandwich or Mandarin Orange and Pecan Salad	Bologna and Cheese Sandwich or Mandarin Orange and Pecan Salad	Bologna and Cheese Sandwich or Mandarin Orange and Pecan Salad

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

Sugar Free or Low Sugar Desserts  
Available Upon Request

Crackers offered with all soups

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

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

Meal	Sunday September 10, 2017	Monday September 11, 2017	Tuesday September 12, 2017	Wednesday September 13, 2017	Thursday September 14, 2017	Friday September 15, 2017	Saturday September 16, 2017
<b>B R E A K F A S T</b>	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
<b>L U N C H</b>	Roast Beef with Gravy and Grilled Onions Mashed Potatoes Fresh Asparagus Fresh Baked Dinner Rolls Margarine/Butter Cherry Pie Beverage of Choice  <b>GOOOOOO BROWNS!!</b>	Cream of Chicken and Wild Rice Tuna Salad Sandwich With Lettuce and Tomato Pasta Salad Forest Pears Beverage of Choice	Pork Vegetable Barley Soup Bacon Swiss Cheese Burger with Lettuce and Tomato French Fries Blueberry Ambrosia Salad Beverage of Choice 	Navy Bean Soup BLT Salad Bread Sticks Mandarine Oranges Beverage of Choice	Italian Sausage and Orzo Soup Cheese Omelet Baked 1/2 Tomato Scones Cottage Cheese with Fresh Fruit Beverage of Choice	Chili Hot Dogs Tater Tots Watermelon Beverage of Choice	Cream of Spinach Soup Hogie with Lettuce and Tomato Kohlrabi Salad Berry Cup Beverage of Choice 
<b>D I N N E R</b>	Meat Lasagna Tossed Salad Garlic Toast Whole Fruit Chocolate Eclairs Beverage of Choice 	Kielbasa with Sauerkraut Dutchess Potatoes Fresh Baked Dinner Rolls Butter/Margarine Peach Crisp Beverage of Choice	Bourbon Chicken Thighs White Rice Poppyseed Salad Fresh Baked Dinner Rolls Butter/Margarine Metaxia's Special Dessert Beverage of Choice	Beef Burgundy over Egg Noodles Capri Vegetables Fresh Baked Dinner Rolls Butter/Margarine Apple Dumplings Beverage of Choice	Veal Parmesan With Pasta Italian Green Beans Fresh Baked Dinner Rolls Butter/Margarine Cream Pie Beverage of Choice 	Fish and Chips with Tartar Sauce Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	BBQ Ribs JoJo Potatoes Corn on the Cob Corn Muffins Strawberry Shortcake Beverage of Choice
<b>A L T</b>	Chicken Salad Croissant or Chef Salad	Chicken Salad Croissant or Chef Salad	Chicken Salad Croissant or Chef Salad	Chicken Salad Croissant or Chef Salad	Chicken Salad Croissant or Chef Salad	Chicken Salad Croissant or Chef Salad	Chicken Salad Croissant 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 Available Upon Request

Crackers offered with all soups

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Meal	Sunday September 17, 2017	Monday September 18, 2017	Tuesday September 19, 2017	Wednesday September 20, 2017	Thursday September 21, 2017	Friday September 22, 2017	Saturday September 23, 2017
<b>B R E A K F A S T</b>	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
<b>L U N C H</b>	Bacon Wrapped Steak Baked Potato with Sour Cream and Butter Broccoli Fresh Baked Dinner Rolls Butter/Margarine Apple Cobbler Ala Mode Beverage of Choice	OKTOBERFEST BUFFET EVERYONE WELCOME 	Chicken Noodle Soup Country Fried Steak with Country Gravy Mixed Vegetables Sliced Peaches Beverage of Choice	Tuscany Kale and Lentil Soup Grilled Monte Cristo Macaroni Salad Apricot Halves Beverage of Choice	Corn Beef and Cabbage Soup Cobb Salad Breadsticks Stewed Apples Beverage of Choice	BREAKFAST BUFFET EVERYONE WELCOME!  FIRST DAY OF FALL	Cream of Mushroom Soup Corn Beef and Swiss Cheese Sandwich Corn Nuggets Fruited Jello with Mini Marshmallows Beverage of Choice
<b>D I N N E R</b>	Chicken Cordon Blue Prince Edward Vegetables Fresh Fruit Cup Fresh Baked Dinner Rolls Butter/Margarine Cupcakes Beverage of Choice	Cheese Manicotti Tossed Salad Garlic Toast Sorbet Beverage of Choice	Ritz Cracker Chicken Breast Tuscany Vegetables Potatoes Anna Fresh Baked Dinner Rolls Butter/Margarine Metaxia's Special Dessert Beverage of Choice	Stuffed Pork Chop Whole Green Beans Cranberry Sauce Fresh Baked Dinner Rolls Butter/Margarine Cream Pie Beverage of Choice 	Turkey Marsala Wild Rice Corn Fresh Baked Dinner Rolls Butter/Margarine Lemon Mousse Beverage of Choice	Beer Battered Shrimp Roasted Zucchini and Peppers Parslied Potatoes Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	BBQ Beef Brisket Augratin Potatoes Peas Fresh Baked Dinner Rolls Butter/Margarine Snickers Poke Cake Beverage of Choice 
<b>A L T</b>	Ham and Cheese Sandwich or Spinach Bacon and Red Onion Salad	Ham and Cheese Sandwich or Spinach Bacon and Red Onion Salad	Ham and Cheese Sandwich or Spinach Bacon and Red Onion Salad	Ham and Cheese Sandwich or Spinach Bacon and Red Onion Salad	Ham and Cheese Sandwich or Spinach Bacon and Red Onion Salad	Ham and Cheese Sandwich or Spinach Bacon and Red Onion Salad	Ham and Cheese Sandwich or Spinach Bacon and Red Onion Salad

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

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Meal	Sunday September 24, 2017	Monday September 25, 2017	Tuesday September 26, 2017	Wednesday September 27, 2017	Thursday September 28, 2017	Friday September 29, 2017	Saturday September 30, 2017
<b>B R E A K F A S T</b>	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
<b>L U N C H</b>	Honey Baked Ham Sweet Potato Casserole Prince Edward Vegetables Fresh Baked Dinner Rolls Butter/Margarine Peach Cobbler Beverage of Choice 	6-Bean Soup Pulled Pork Sandwich Onion Rings Mandarine Oranges Beverage of Choice	Cream of Celery Soup Scrambled Eggs with Ham and Cheese Tater Tots Fresh Warm Biscuits Sliced Peaches Beverage of Choice	Mushroom Barley Soup Blackjack Burger with Lettuce and Tomato French Fries Berry Cup Beverage of Choice	Cream of Winter Soup Crispy Chicken Salad Muffins Pineapple Beverage of Choice 	Tomato Florentine Soup Grilled Ham and Cheese Sandwich Potato Salad Tropical Fruit Beverage of Choice	Italian Wedding Soup Meatball Sub Sandwich Broccoli Pasta Salad Apple Sauce Beverage of Choice
<b>D I N N E R</b>	Flat Bread Pepperoni Pizza Tossed Salad Whole Fruit Fresh Baked Cookies Beverage of Choice	Steak Dinner Broccoli Baked Potato with Sour Cream and Butter Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes with Fruit Topping Beverage of Choice	Cashew Chicken Breast Garden Rice Green Beans Fresh Baked Dinner Rolls Butter/Margarine Metaxia's Special Dessert Beverage of Choice 	Cavatappi Pasta with Meat Sauce 1,000 Island Salad Bread Sticks Fruit Crumble Beverage of Choice	Braised Short Ribs Mashed Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Carrot Cake Beverage of Choice	Baked Cornflake Fish Jefferson Noodles Spinach Cole Slaw Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Stuffed Peppers Dutchess Potatoes Peas and Carrots Biscuits Sponge Cake with Peaches Beverage of Choice 
<b>A L T</b>	PBJ Sandwich or PizzaSalad	PBJSandwich or PizzaSalad	PBJ Sandwich or PizzaSalad	PBJ Sandwich or PizzaSalad	PBJ Sandwich or Pizza Salad	PBJ Sandwich or Pizza Salad	PBJ Sandwich or Pizza Salad

Beverages of Choice: Coffee (Regular/Decaf)  
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