

**Cycle I, 2011**

**Rockport Independent and Assisted Living Community**

**Week 1**

Meal	Sunday February 5, 2012	Monday February 6, 2012	Tuesday February 7, 2012	Wednesday February 8, 2012	Thursday February 9, 2012	Friday February 10, 2012	Saturday February 11, 2012
<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>	Pot Roast Dutchess Potatoes Creamed Corn Dinner Roll or Bread Margarine/Butter Fruit Pie Beverage of Choice	Chicken Rice Soup Tuna and Noodles Mixed Vegetables Pineapple Dinner Roll or Bread Margarine/Butter Beverage of Choice	Cream of Cauliflower Soup Breaded Veal Sandwich with Swiss Cheese, Lettuce and Tomato French Fries Berry Mix Beverage of Choice	Vegetable Barley Soup Egg Salad on a Croissant with Lettuce and Tomato Fresh Fruit Cup and Cottage Cheese Beverage of Choice	Loaded Potato Soup Hot Dogs with Diced Onion Breaded Vegetables Fruited Jello Beverage of Choice	Italian Wedding Soup Vegetable Lasagna Italian Green Beans Bread Stix Mandarine Oranges Beverage of Choice	Italian Sausage Sandwich with Peppers and Onions Onion Rings Tropical Fruit Beverage of Choice
<b>D I N N E R</b>	Rancher Chicken Sandwich with Lettuce and Tomato 3-Bean Salad Whole Fruit Cookies Beverage of Choice	Ham Steak with Pineapple Sauce Peas Sweet Potatoes Ambrosia Salad Dinner Rolls or Bread Margarine/Butter Chocolate Eclairs	Spaghetti with Meat Sauce Tossed Salad with Assorted Dressings Garlic Toast Apple Crisp Beverage of Choice	Meat Loaf Mashed Potatoes Capri Vegetables Dinner Roll or Bread Margarine/Butter Mousse Beverage of Choice	Sesame Chicken White Rice Broccoli Pineapple Dinner Roll or Bread Margarine/Butter Cream Pie Beverage of Choice	Roasted Turkey Stuffing Green Bean Casserole Cranberry Sauce Dinner Roll or Bread Margarine/Butter Ice Cream Beverage of Choice	Beef Tips over Egg Noodles Asparagus Dinner Roll or Bread Margarine/Butter Cheese Cake with Fruit Topping Beverage of Choice
<b>A L T</b>	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich

**Sugar Free or Low Sugar Desserts  
Available Upon Request**

*Cygnus Menu Management System®*

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

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**Week 2**

Meal	Sunday February 12, 2012	Monday February 13, 2012	Tuesday February 14, 2012	Wednesday February 15, 2012	Thursday February 16, 2012	Friday February 17, 2012	Saturday February 18, 2012
<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>	BBQ Ribs Baked Beans JoJo Potatoes Dinner Rolls or Bread Margarine/Butter Fruit Cobbler Beverage of Choice	Garden Vegetable Barley Soup Chicken Fingers with Dipping Sauce Waffle Fries Tropical Fruit Dinner Roll or Bread Margarine/Butter Beverage of Choice	<b>VALENTINES DAY BRUNCH</b>  <b>EVERYONE WELCOME!!</b>  <b>9:00 A.M. -1:00 P.M.</b>	Hearty Reuben Soup Italian Hogie Braded Zucchini Fruited Jello Beverage of Choice	Minestrone Soup Open Faced Salisbury Steak Sandwich Red Skin Potatoes Rosey Pears Beverage of Choice	Cream of Cauliflower Soup Fish Sandwich with Tartar Sauce Cole Slaw Mixed Berry Cup Beverage of Choice	Meatball Sub Broccoli Pasta Salad Fruit Cocktail Beverage of Choice
<b>D I N N E R</b>	Macaroni and Cheese Broccoli Whole Fruit Dinner Roll or Bread Margarine/Butter Whole Fruit Cookies Beverage of Choice	Stuffed Cabbage Scalloped Potatoes Spinach Carrot Raisin Salad Dinner Roll or Bread Margarine/Butter Pudding Beverage of Choice	Country Fried Steak Mashed Potatoes with Gravy Corn Dinner Roll or Bread Margarine/Butter Berry Crisp Beverage of Choice	Chicken Bake Green Beans Mashed Sweet Potatoes Dinner Roll or Bread Margarine/Butter Fruit Sorbet Beverage of Choice	Pork Stir Fry White Rice Vegetable Egg Rolls Dinner Roll or Bread Margarine/Butter Fruit Pie Beverage of Choice	Turkey A La King Over Noodles Brussel Sprouts Pea Salad Dinner Roll or Bread Margarine/Butter Ice Cream Beverage of Choice	Swiss Steak AuGratin Potatoes Lima Beans Hawaiian Salad Dinner Roll or Bread Margarine/Butter Cake Beverage of Choice
<b>A L T</b>	Roast Beef and Cheese Sandwich	Roast Beef and Cheese Sandwich	Roast Beef and Cheese Sandwich	Roast Beef and Cheese Sandwich	Roast Beef and Cheese Sandwich	Roast Beef and Cheese Sandwich	Roast Beef and Cheese Sandwich

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**Week 3**

Meal	Sunday February 19, 2012	Monday February 20, 2012	Tuesday February 21, 2012	Wednesday February 22, 2012	Thursday February 23, 2012	Friday February 24, 2012	Saturday February 25, 2012
<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>	Beef Brisket Mashed Potatoes with Gravy Scandinavian Vegetables Dinner Roll or Bread Margarine/Butter Fruit Pie Beverage of Choice	Chicken Noodle Soup Shredded BBQ Pork Sandwich Baked Beans Pears Beverage of Choice	MARDI GRAS LUNCHEON  EVERYONE WELCOME!	Clam Chowder Fish Sandwich with Tarter Sauce Cole Slaw Peaches Beverage of Choice  ASH WEDNESDAY	Dave's Cabbage Soup Egg Bake with Cheese and Sausage Tater Tots Biscuits Berry Cup Beverage of Choice	Tomato Soup Grilled Cheese Sandwich Corn Chips Mandarine Oranges Beverage of Choice  LENT BEGINS	Pancakes with Syrup and Butter Link Sausage Apple Sauce Orange Juice or Beverage of Choice
<b>D I N N E R</b>	Sloppy Joes Onion Rings Whole Fruit Fresh Baked Cookies Beverage of Choice	Chicken Cordon Blue Stuffed Baked Potatoes Cottage Cheese with Fruit Dinner Roll or Bread Margarine/Butter Cake Beverage of Choice	Bacon Cheeseburger with Lettuce and Tomato Rancher Green Bean Salad Fruit Crumble Beverage of Choice	Eggplant Parmesan with Pasta Italian Mixed Vegetables Caesar Salad Dinner Roll or Bread Butter/Margarine Mousse Beverage of Choice	Honey Baked Ham Tuscany Vegetables Sweet Potatoes Dinner Roll or Bread Butter/Margarine Apple Pie Beverage of Choice	Baked Scrod with Lemon Butter Cabbage and Noodles Peas Dinner Roll or Bread Margarine/Butter Ice Cream Beverage of Choice	Stuffed Peppers Dutchess Potatoes Green Beans Beet Salad Dinner Roll or Bread Margarine/Butter Brownies Beverage of Choice
<b>A L T</b>	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich

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**Week 4**

Meal	Sunday February 26, 2012	Monday February 27, 2012	Tuesday February 28, 2012	Wednesday February 29, 2012	Thursday March 1, 2012	Friday March 2, 2012	Saturday March 3, 2012
<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>	Bacon Wrapped Steak Baked Potato with Sour Cream and Butter Broccoli Dinner Roll or Bread Margarine/Butter Fruit Pie Beverage of Choice	Cream of Potato Leek Soup Scrambled Eggs with Ham and Cheese Fresh Baked Muffins ½ Baked Tomatoes Tropical Fruit Beverage of Choice	Tomato Florentine Cheese Ravioli Garlic Toast French Green Beans Pineapple and Cherries Beverage of Choice	Chicken Noodle Soup Grilled Ham and Cheese Sandwich Breaded Vegetables Mandarine Oranges Beverage of Choice			
<b>D I N N E R</b>	Chili Dogs Onion Rings Whole Fruit Cookies Beverage of Choice	BBQ Beef Brisket Red Skin Potatoes Asparagus Poppy Seed Salad Dinner Roll or Bread Margarine/Butter Dirt Cake Beverage of Choice	Fried Chicken Sweet and Sour Red Cabbage Potato Pancakes Dinner Roll or Bread Margarine/Butter Blueberry Crisp Beverage of Choice	Beef Stew over Dumplings Cauliflower Cucumber Salad Dinner Roll or Bread Margarine/Butter Chocolate Eclairs Beverage of Choice			
<b>A L T</b>	Egg Salad Sandwich	Egg Salad Sandwich	Egg Salad Sandwich	Egg Salad Sandwich	Egg Salad Sandwich	Egg Salad Sandwich	Egg Salad Sandwich
		Sugar Free or Low Sugar Desserts Available Upon Request					

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**Week 5**

Meal	Sunday January 29, 2012	Monday January 30, 2012	Tuesday January 31, 2012	Wednesday February 1, 2012	Thursday February 2, 2012	Friday February 3, 2012	Saturday February 4, 2012
<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>	Bacon Wrapped Steak Baked Potato with Sour Cream and Butter Broccoli Dinner Roll or Bread Butter/Margarine Fruit Cobbler Beverage of Choice	Cream of Cauliflower Soup Grilled Chicken Caesar Salad Bread Stix Mandarine Oranges Beverage of Choice	Vegetable Barley Soup Scrambled Eggs Bacon Fresh Biscuits Pineapple and Cherries Beverage of Choice	Italian Wedding Soup Cheese Macaroni Mixed Vegetables Pears Dinner Roll or Bread Butter/Margarine Beverage of Choice	Black Bean and Rice Soup Mushroom Swiss Cheese Burger with Lettuce and Tomato Breaded Zucchini Peaches Beverage of Choice	<b>CABIN FEVER PICNIC EVERYONE WELCOME!!</b>	Corned Beef on Rye Cole Slaw Dill Pickles Pears Beverage of Choice
<b>D I N N E R</b>	Chili Tossed Salad with Assorted Dressings Dinner Roll or Bread Margarine/Butter Chocolate Eclairs Beverage of Choice	Meat Loaf Mashed Potatoes Peas with Mushrooms 3-Bean Salad Dinner Roll or Bread Margarine/Butter Confetti Cake Beverage of Choice	Spaghetti with Italian Sausage Italian Green Beans Garlic Toast Lima Beans Dinner Roll or Bread Margarine/Butter Blueberry Crisp Beverage of Choice	Breaded Chicken Breast Brussel Sprouts Red Skin Potatoes Dinner Roll or Bread Butter/Margarine Fruit Crumble Beverage of Choice	Maple Dijon Pork Tenderloin Cauliflower Sweet Potatoes Apple Sauce Dinner Roll or Bread Butter/Margarine Cream Pie Beverage of Choice	Baked Tilapia Garden Rice Mixed Vegetables Hawaiian Salad Dinner Roll or Bread Butter/Margarine Ice Cream Beverage of Choice	Beef Tenderloin Scalloped Potatoes Broccoli Cucumber Salad Dinner Roll or Bread Butter/Margarine Cake Beverage of Choice
<b>A L T</b>	Chicken Salad Sandwich	Chicken Salad Sandwich	Chicken Salad Sandwich	Chicken Salad Sandwich	Chicken Salad Sandwich	Chicken Salad Sandwich	Chicken Salad Sandwich

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