

Per the Executive Office Of Elder Affairs

Landmark Senior Living is permitting group dining with the following guidelines:

- Communal dining is to be staggered to allow social distancing of the residents
- Residents will remain six feet apart
- All will follow surface and hand hygiene protocols

Landmark At Desert Gardens

♥ = HEART HEALTHY ★ = SUGAR RESTRICTED

LOW SODIUM/LOW FAT = HEART HEALTHY LOW/NO SUGAR = SUGAR RESTRICTED

Sunday 3/1

Monday 3/2

Tuesday 3/3

Wednesday 3/4

Thursday 3/5

Friday 3/6

Saturday 3/7

Breakfast

Breakfast

EGGS ANY STYLE
PANCAKES
BACON
SAUSAGE

Breakfast

EGGS ANY STYLE
BLUEBERRY BAGEL
CREAM CHEESE

Breakfast

EGGS ANY STYLE
CHORIZO AND EGGS
TOAST

Breakfast

EGGS ANY STYLE
DANISH
SAUSAGE & POTATOES

Breakfast

EGGS ANY STYLE
FRENCH TOAST
SAUSAGE OR BACON

Breakfast

EGGS ANY STYLE
PANCAKES
BACON
SAUSAGE

Lunch

Lunch

PORKCHOPS
STUFFED SHELLS
STEWED TOMATOES, PEAS
CORNBREAD

CAKE

Lunch

MARINATED CHICKEN
BREAST
RIBLETS
SWEET POTATO CASSEROLE
CAULIFLOWER
TOMATOES

JELLO WITH FRUIT

Lunch

PORK TENDERLOIN
SHRIMP TORTELLINI
SALAD
ROASTED POTATOES
MIXED VEGGIES

PIE

Lunch

BEEF TIPS
DEEP FRIED COD
CAULIFLOWER
EGG NOODLES

TURNOVER

Lunch

SALISBURY STEAK
CHICKEN FRIED CHICKEN
CARROTS
SCALLOPED POTATOES
SAUTEED SPINACH

CAKE

Lunch

LIVER AND ONIONS
CHICKEN PATTY W/BUN
FRIED POTATO WEDGES
BUTTERED CORN
PEAS

CUPCAKES

Dinner

Dinner

OVEN FRIEND CHICKEN
POTATO SALAD
MIXED VEGGIES

CHEESECAKE

Dinner

BAKED ZITI
STEAMED BROCCOLI

CHOCOLATE PUDDING

Dinner

GREEN CHILI STEW
CORNBREAD

STRAWBERRY
APPLESAUCE

Dinner

SHEPHERDS PIE
ROLL

COOKIE

Dinner

GRILLED HAM STEAKS
NAVY BEANS
CABBAGE

YOGURT

Dinner

MUSHROOM SWISS BURGER
FRENCH FRIES

JELLO

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Sunday 3/8

Monday 3/9

Tuesday 3/10

Wednesday 3/11

Thursday 3/12

Friday 3/13

Saturday 3/14

Breakfast

EGGS ANY STYLE
CINNAMON ROLLS
SAUSAGE TOAST

Breakfast

EGGS ANY STYLE
CHOCOLATE PANCAKES

Breakfast

EGGS ANY STYLE
BELGIAN WAFFLES
BACON
TOAST

Breakfast

EGGS ANY STYLE
SAUSAGE SKILLET
TOAST

Breakfast

EGGS ANY STYLE
BISCUITS AND GRAVY

Breakfast

EGGS ANY STYLE
BACON
TOAST

Breakfast

EGGS ANY STYLE
BISCUITS AND GRAVY

Lunch

BBQ PULLED PORK
BAKED TILAPIA
RICE
BRUSSELS SPROUTS
MIXED VEGGIES

TAPIOCA PUDDING

Lunch

CHICKEN TENDERS
LASAGNA
ZUCCHINI
BABY BAKED POTATOES

BROWNIES

Lunch

SWEDISH MEATBALLS
TURKEY BURGERS
EGG NOODLES
ROASTED PEPPERS
STEAMED SPINACH

FRESH FRUIT CUPS

Lunch

OVEN FRIED CHICKEN
BEEF FRITTERS
MASHED POTATOES
CORN
GREEN BEANS W/BACON

BAKED YAMS
W/MARSHMALLOW

Lunch

CHICKEN AND BROCCOLI
PENNE
HAMBURGER STEAKS
BAKED POTATO
VEGGIE BLEND
BRUSSELS SPROUTS

Lunch

POT ROAST W/ VEGGIES
GLAZED HAM
GREEN BEANS
OKRA & TOMATOES
BAKED POTATO

STRAWBERRY COBBLER

Lunch

MOCK FILLETS
CHICKEN STRIPS WITH
GRAVY
MACARONI AND CHEESE
BROCCOLI AND CORN

APPLESAUCE CAKE

Dinner

BEEF NACHOS
LETTUCE AND TOMATOES

FROSTED CAKE

Dinner

GRILLED CHEESE
SOUP

CAKE

Dinner

BEEF STEW
CORNBREAD
VANILLA PUDDING

Dinner

RED BEEF ENCHILADAS
RICE

POUND CAKE

Dinner

PIZZA
BONELESS WINGS

ICE CREAM

Dinner

FRESH PINTO BEANS
CORNBREAD
FRIED POTATOES

BANANA CREAM PIE

Dinner

SLOPPY JOE
FRENCH FRIES

PEANUT BUTTER COOKIES

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Sunday 3/15

Monday 3/16

Tuesday 3/17

Wednesday 3/18

Thursday 3/19

Friday 3/20

Saturday 3/21

Breakfast

EGGS ANY STYLE
FRENCH TOAST
SAUSAGE

Breakfast

EGGS ANY STYLE
BACON
TOAST

Breakfast

EGGS ANY STYLE
CHORIZO AND EGG
TOAST

Breakfast

EGGS ANY STYLE
ASSORTED DANISHES
SAUSAGE
POTATOES

Breakfast

EGGS ANY STYLE
DONUTS
BACON
TOAST

Breakfast

EGGS ANY STYLE
SAUSAGE
TOAST

Breakfast

EGGS ANY STYLE
EGGS & SAUSAGE
CASSEROLE

Lunch

PAPRIKA CHICKEN
BEEF KABOBS
RICE PILAF
FRIED SQUASH
MIXED VEGGIES

COCONUT CREAM PIE

Lunch

FRIED CATFISH
CHEESE MANICOTTI
HUSHPUPIES
CARROTS WITH BACON
SQUASH

ORANGE CAKE

Lunch

CHICKEN ALFREDO
BLACKENED PORKCHOPS
STEAMED CARROTS
SAUTEED ZUCCHINI

BIG RED CAKE

Lunch

BBQ DRUMSTICKS
TOMATO & SPINACH RAVIOLI
MACARONI SALAD
FRIED OKRA PEAS
CARROTS

CHOCOLATE CAKE

Lunch

GLAZED HAM
OVEN FRIED CHICKEN
GREEN BEANS
MASHED POTATOES

PUMPKIN PIE

Lunch

HAWAIIAN BEEF
CHICKEN DIVAN
GARLIC BUTTER
MUSHROOMS
CORN FRITTERS
ZUCCHINI

STRAWBERRY COBBLER

Lunch

GRILLED SALMON
CHICKEN PARMESAN
WILD RICE
STEAMED PEAS
CAULIFLOWER

CHOCOLATE CAKE

Dinner

CHICKEN QUESADILLAS
RICE
GUACAMOLE

ORANGE CAKE

Dinner

VEGETABLE RICE EGGROLLS
WONTON SOUP

JELLO

Dinner

CHICKEN POT PIE
ROSEY APPLESAUCE

Dinner

DELI SUB
WAFFLE FRIES

CHILLED PEACHES

Dinner

CHEESEBURGERS
FRENCH FRIES

COBBLER

Dinner

SPAGHETTI & MEATBALLS
BREADSTICKS

CAKE

Dinner

GRILLED CHEESE
TOMATO SOUP

JELLO

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Sunday 3/22

Monday 3/23

Tuesday 3/24

Wednesday 3/25

Thursday 3/26

Friday 3/27

Saturday 3/28

Breakfast

EGGS ANY STYLE
BISCUITS AND GRAVY

Breakfast

EGGS ANY STYLE
PANCAKES

Breakfast

EGGS ANY STYLE
SAUSAGE
TOAST

Breakfast

EGGS ANY STYLE
BACON
TOAST

Breakfast

EGGS ANY STYLE
SWEET POTATO PANCAKE

Breakfast

EGGS ANY STYLE
FRENCH TOAST
SAUSAGE OR BACON

Breakfast

EGGS ANY STYLE
WAFFLES
SAUSAGE SKILLET

Lunch

POT ROAST
RANCH CHICKEN
STEWED TOMATOES
ROASTED RED POTATOES

PEACH PIE

Lunch

SALISBURY STEAK
FOUR CHEESE TORTELLINI
MIXED VEGGIES
CAULIFLOWER

CHEESECAKE

Lunch

CHICKEN CACCIATORE
COD
RICE
PEAS AND CARROTS

CARROT CAKE

Lunch

TURKEY
HAM
DRESSING, GREEN BEANS
BROCCOLI

PIES AND COOKIES

Lunch

TURKEY
GLAZED HAM
SIDES

PECAN PIE
PUMPKIN PIE
FRUIT SALAD

Lunch

COUNTRY FRIED STEAK
CHICKEN VANDERBELT
SKILLET CABBAGE
BAKED SWEET POTATO
CORN

Lunch

SESAME CHICKEN
CHICKEN FRIED CHICKEN
FRIED RICE
BROCCOLI
CAULIFLOWER

LEMON MERINGUE PIE

Dinner

BAKED ZITI
TOMATO & CUCUMBER SALAD

PUDDING CUP

Dinner

BBQ SLOPPY JOE
FRENCH FRIES

BROWNIES

Dinner

SAUSAGE WITH
PEPPERS
TATOR TOTS

RICE KRISPY TREATS

Dinner

JELLO WITH FRUIT

Dinner

TURKEY SANDWICH
CHIPS

ASSORTED DESSERTS

Dinner

DINNER OPTION

ASSORTED DESSERTS

Dinner

TURKEY DELI SUBS
FRENCH FRIES

CHILLED PEARS

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Sunday 3/29

Monday 3/30

Tuesday 3/31

Breakfast

EGGS ANY STYLE
WAFFLES
PANCAKES
BACON & SAUSAGE

Breakfast

EGGS ANY STYLE
BLUEBERRY BAGELS
CREAM CHEESE

Breakfast

EGGS ANY STYLE
CHORIZO & EGG
TOAST

Lunch

PORK CHOPS
STUFFED SHELLS
STEWED TOMATOES, PEAS
CORNBREAD

CAKE

Lunch

CHICKEN BREASTS
RIBLETS
SWEET POTATO CASSEROLE
CAULIFLOWER
TOMATO

JELLO WITH FRUIT

Lunch

PORK TENDERLOIN
SHRIMP TORTELLINI
SALAD
ROASTED POTATOES
MIXED VEGGIES

PIE

Dinner

OVEN FRIED CHICKEN
POTATO SALAD
MIXED VEGGIES

CHEESECAKE

Dinner

BAKED ZITI
STEAMED BROCCOLI

CHOCOLATE PUDDING

Dinner

GREEN CHILI STEW
CORNBREAD

STRAWBERRY
APPLESAUCE