

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 Fall River

♥ = 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
 SCRAMBLED EGGS
 BACON
 COFFEE CAKE

Breakfast
 POACHED EGG
 HOME FRIES
 MUFFINS

Breakfast
 FRENCH TOAST
 SAUSAGE
 DANISH

Breakfast
 FRIED EGGS
 BACON
 CINNAMON BUNS

Breakfast
 SCRAMBLED EGGS
 HAM
 SCONES

Breakfast
 WAFFLES & FRUIT
 SAUSAGE
 STRUDEL

Breakfast
 FRIED EGGS
 CORNED BEEF HASH
 SCONES

Lunch

GARDEN SALAD
 VEGETABLE SOUP

POT ROAST W/POTATOES
 CARROTS

SWORDFISH W/WILD RICE
 SPINACH

SWORDFISH & VEGETABLES ♥

PECAN PIE

Lunch

GARDEN SALAD
 CORN CHOWDER

BAKED CHICKEN
 MARSALA SAUCE
 LINGUINE & VEGGIE MEDLEY

SALISBURY STEAK
 MASHED POTATO
 BROCCOLI CRISP

CHICKEN W/ VEGGIES ♥

PUDDING

Lunch

GARDEN SALAD
 CHICKEN & RICE SOUP

TURKEY TENDER CRISP
 MASHED POTATO
 GREEN BEANS

HAM STEAK
 SCALLOPED POTATOES
 BUTTERNUT SQUASH

SLICED TURKEY W/VEGGIES ♥

CHEF CHOICE CAKE

Lunch

GARDEN SALAD
 TURKEY BARLEY SOUP

STUFFED PEPPERS
 SIDE SALAD & GARLIC BREAD

PORK TENDERLOIN
 OVEN BROWNED POTATOES
 BEETS

PORK TENDERLOIN W/VEGGIES ♥

CHEF CHOICE ICE CREAM

Lunch

GARDEN SALAD
 BEEF VEGETABLE

LEG OF LAMB W/ COUSCOUS
 KALE & WHITE BEANS

CHICKEN CHOW MEIN
 RICE & EGG ROLL

BAKED CHICKEN W/VEGGIES ♥

CUSTARD PIE

Lunch

GARDEN SALAD
 NEW ENGLAND CLAM CHOWDER

SEAFOOD CASSEROLE
 BAKED POTATO
 ASPARAGUS

SEASONED CHICKEN W/POTATO
 MIXED VEGGIES

BAKED CHICKEN W/VEGGIES ♥

FRUIT COBBLER

Lunch

GARDEN SALAD
 CHICKEN NOODLE

PASTA W/MEAT SAUCE
 GREEN BEANS & ROLL

WESTERN OMELET
 FRUIT CUP

VEGETABLE OMELET ♥
 FRUIT CUP

RICE PUDDING

Dinner

BEEF CHILI
 CORN BREAD

GRILLED CHEESE
 CHIPS AND PICKLE

COTTAGE CHEESE & FRUIT ♥

ICE CREAM NOVELTIES
 SUGAR FREE OPTIONS ★

Dinner

BAKED BROCCOLI BAKE
 W/ROLL

LINGUICA
 PEPPERS & ONIONS
 HOME FRIES
 ROLL

CHICKEN TOPPED SALAD ♥

COOKIES
 SUGAR FREE OPTIONS ★

Dinner

SHRIMP/SEAFOOD SALAD SANDWICH
 CHIPS AND PICKLE

BBQ RIBLET
 FRIES
 COLESLAW

SMALL CHICKEN ♥

FRUIT/YOGURT PARFAIT
 SUGAR FREE OPTIONS ★

Dinner

CHICKEN WINGS W/RICE
 MIXED VEGGIES

EGG SALAD
 FINGER ROLL
 CHIPS AND PICKLE

EGG SALAD ON WHEAT ♥

CHOCOLATE FILLED CROISSANT
 SUGAR FREE OPTIONS ★

Dinner

OPEN FACED ROAST BEEF
 SANDWICH
 TATER TOTS & PICKLE

TURKEY POT PIE

TURKEY TOPPED SALAD ♥

RAISIN TURNOVER
 SUGAR FREE OPTIONS ★

Dinner

CHEF CHOICE PIZZA
 TOMATOES & CUCUMBERS

JAMBALAYA
 ROLL

TUNA ON A SALAD ♥

COOKIE BARS
 SUGAR FREE OPTIONS ★

Dinner

MEATBALL STEW
 BISCUIT

PANCAKES W/FRUIT
 TOPPING
 SAUSAGE

VEGGIE BURGER ♥
 VEGETABLES

BROWNIE
 SUGAR FREE OPTIONS ★

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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
 SCRAMBLED EGGS
 BACON
 COFFEE CAKE

Breakfast
 POACHED EGG
 HOME FRIES
 DANISH

Breakfast
 WAFFLES WITH FRUIT
 SAUSAGE
 SCONES

Breakfast
 FRIED EGGS
 BACON
 CINNAMON BUNS

Breakfast
 SCRAMBLED EGGS
 LINGUICA
 MUFFINS

Breakfast
 FRENCH TOAST
 SAUSAGE
 STRUDEL

Breakfast
 FRIED EGGS
 CORNED BEEF HASH
 SCONES

Lunch

GARDEN SALAD
 VEGETABLE SOUP

BAKED HAM W/SWEET POTATO
 BABY CARROTS

CHICKEN AND STUFFING
 WILD RICE
 VEGGIE MEDLEY

CHICKEN WITH VEGETABLES ♥

PUMPKIN PIE
 SUGAR FREE OPTIONS ★

Lunch

GARDEN SALAD
 MINISTRONE SOUP

PARM CRUSTED CHICKEN
 MASHED POTATOES
 GREEN BEANS

SHEPHERS PIE
 CORN

BAKED CHICKEN WITH VEGGIES ♥

CHEFS CHOICE CAKE
 SUGAR FREE OPTIONS ★

Lunch

GARDEN SALAD
 CHICKEN NOODLE SOUP

TERIYAKI BEEF TIPS
 MASHED POTATOES
 WAX & PIMENTO BEANS

CHICKEN LEG & RICE PILAF
 MIXED VEGGIES

CHICKEN LEG W/MIXED VEGGIES ♥

PARFAIT
 SUGAR FREE OPTIONS ★

Lunch

GARDEN SALAD
 TURKEY VEGETABLE SOUP

CHICKEN CACCIATORE
 EGG NOODLES & ZUCCHINI

SWEDISH MEATBALLS
 EGG NOODLES W/PEAS & ONIONS

BAKED CHICKEN W/VEGGIES ♥

ICE CREAM
 SUGAR FREE OPTIONS ★

Lunch

GARDEN SALAD
 KALE SOUP

PORK TENDERLOIN
 SWEET POTATO CASSEROLE
 BEETS

TURKEY W/STUFFING
 TURNIPS & CARROTS

PORK WITH VEGGIES ♥

CHEF CHOICE PASTRY
 SUGAR FREE OPTIONS ★

Lunch

GARDEN SALAD
 NEW ENGLAND CLAM CHOWDER

CRUMBED COD W/BAKED POTATO
 SPINACH

CHICKEN ALFREDO W/PASTA
 BROCCOLI

COD WITH VEGGIES ♥

LEMON MERINGUE PIE
 SUGAR FREE OPTIONS ★

Lunch

GARDEN SALAD
 SPLIT PEA SOUP

HAMBURGER W/TATOR TOTS
 GREEN BEANS

HOT DOG WITH BAKED BEANS
 BROWN BREAD

VEGGIE BURGER WITH VEGGIES ♥

AMBROSIA
 SUGAR FREE OPTIONS ★

Dinner

LINGUINE CARBONARA
 CRAB CAKES W/WEDGES
 AND COLE SLAW

COTTAGE CHEESE & FRUIT PLATE ♥

ICE CREAM NOVELTIES
 SUGAR FREE OPTIONS ★

Dinner

HOLIDAY TURNOVER
 3 BEAN SALAD

TURKEY SALAD SANDWICH
 CHIPS AND PICKLE

TURKEY SALAD ON A SALAD ♥

RASPBERRY & ALMOND BARS
 SUGAR FREE OPTIONS ★

Dinner

SHRIMP PLATE
 VEGETABLE PASTA SALAD

GRILLED HAM AND CHEESE
 VEGETABLE PASTA SALAD

VEGGIE BURGER ♥
 LETTUCE AND TOMATO

PB&J COOKIES
 SUGAR FREE OPTIONS ★

Dinner

ITALIAN GRINDER
 CHIPS AND PICKLE

TACO PIE
 LETTUCE AND TOMATO

SMALL SHRIMP PLATE ♥

CUPCAKES
 SUGAR FREE OPTIONS ★

Dinner

AMERICAN CHOP SUEY
 GREEN BEANS

CHICKEN SALAD
 CHIPS AND PICKLE

CHICKEN TOPPED SALAD ♥

FRUIT CUP
 SUGAR FREE OPTIONS ★

Dinner

BREADED CHICKEN SANDWICH
 FRIES

KIELBASA POTATO GREEN BEAN
 CASSEROLE

COTTAGE CHEESE & FRUIT
 PLATE ♥

PUDDING
 SUGAR FREE OPTIONS ★

Dinner

EGG & SAUSAGE ON
 ENGLISH MUFFINS
 FRUIT CUPS

BEEF STEW
 BISCUIT

EGG WHITE SALAD ♥
 WHEAT BREAD

COOKIES
 SUGAR FREE OPTIONS ★

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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
 SCRAMBLED EGGS
 BACON
 COFFEE CAKE

Breakfast
 POACHED EGG
 HOME FRIES
 DANISH

Breakfast
 PANCAKES
 SAUSAGE
 SCONES

Breakfast
 FRIED EGGS
 BACON
 CINNAMON BUNS

Breakfast
 SCRAMBLED EGGS
 HAM
 MUFFINS

Breakfast
 FRENCH TOAST
 SAUSAGE
 STRUDEL

Breakfast
 FRIED EGGS
 CORNED BEEF HASH
 SCONES

Lunch
 GARDEN SALAD
 VEGETABLE SOUP

 BEEF TENDERLOIN
 MASHED POTATOES W/CARROTS

 ROAST PORK
 MASHED POTATOES
 VEGETABLE MEDLEY

 PORK WITH VEGETABLES ♥

 CARROT CAKE
 SUGAR FREE OPTIONS ★

Lunch
 GARDEN SALAD
 TOMATO SOUP

 GENERAL TSO'S CHICKEN
 RICE & BROCCOLI

 BAKED HADDOCK
 BAKED POTATO W/GREEN BEANS

 HADDOCK WITH VEGETABLE ♥

 PUDDING
 SUGAR FREE OPTIONS ★

Lunch
 GARDEN SALAD
 PORK AND BEAN SOUP

 LIVE AND ONIONS
 MASHED POTATOES WITH CARROTS

 ITALIAN BAKED CHICKEN
 ROASTED POTATOES
 FIESTA CORN

 BAKED CHICKEN WITH VEGGIES ♥

 BROWNIES
 SUGAR FREE OPTIONS ★

Lunch
 GARDEN SALAD
 TURKEY BARLEY SOUP

 BAKED LASAGNA
 SIDE SALAD W/GARLIC BREAD

 SWEET & SPICY SHRIMP
 RICE AND ASPARAGUS

 VEGGIE BURGER WITH VEGGIES ♥

 ICE CREAM
 SUGAR FREE OPTIONS ★

Lunch
 GARDEN SALAD
 BUTTERNUT SQUASH SOUP

 BEEF STROGANOFF
 NOODLES AND PEAS

 BONE IN CHICKEN BREAST
 MASHED POTATOES
 MIXED VEGGIES

 CHICKEN WITH VEGGIES ♥

 DUTCH APPLE PIE
 SUGAR FREE OPTIONS ★

Lunch
 GARDEN SALAD
 NEW ENGLAND CLAM CHOWDER

 FISH AND CHIPS W/COLE SLAW

 HAMBURGERS
 SLICED POTATOES & ZUCCHINI

 BAKED FISH WITH VEGGIES ♥

 CHEFS CHOICE CAKE
 SUGAR FREE OPTIONS ★

Lunch
 GARDEN SALAD
 CHICKEN NOODLE SOUP

 BAKED PENNA W/SAUSAGE
 GREEN BEANS

 TURKEY STIR FRY W/RICE

 SMALL TURKEY STIR FRY ♥

 TAPIOCA PUDDING
 SUGAR FREE OPTIONS ★

Dinner
 FISH SANDWICH
 FRIES AND COLE SLAW

 TURKEY STEW WITH ROLL

 TURKEY ON WHEAT BREAD ♥

 ICE CREAM
 SUGAR FREE OPTIONS ★

Dinner
 MACARONI AND CHEESE
 STEW TOMATO CRISP

 HAM SANDWICH
 CHIPS AND OLIVES

 COTTAGE CHEESE & FRUIT ♥

 FRUIT CUP
 SUGAR FREE OPTIONS ★

Dinner
 STEAK AND CHEESE SUB
 PICKLES

 TUNA SALAD
 FINGER ROLL
 CHIPS

 PLAIN TUNA TOPPED SALAD ♥

 CHEESECAKE
 SUGAR FREE OPTIONS ★

Dinner
 GRILLED REUBAN WITH FRIES

 CHICKEN GUIDAZO
 ROLL

 CHICKEN TOPPED SALAD ♥

 ECLAIRS
 SUGAR FREE OPTIONS ★

Dinner
 VEGETABLE LO MEIN

 SEAFOOD SALAD SANDWICH
 ONION RINGS

 SEAFOOD SALAD ON WHEAT ♥

 FRUIT/YOGURT PARFAIT
 SUGAR FREE OPTIONS ★

Dinner
 CHEF CHOICE PIZZA

 DELI CHICKEN SANDWICH
 CHIPS AND PICKLE

 DELI CHICKEN ON WHEAT ♥

 BREAD PUDDING
 SUGAR FREE OPTIONS ★

Dinner
 BEEF CHOW MEIN
 EGG ROLL

 EGG SALAD
 CHIPS AND OLIVES

 EGG WHITE SALAD ♥
 ON WHEAT BREAD

 COOKIES
 SUGAR FREE OPTIONS ★

Landmark At Fall River

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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

Sunday 3/22	Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27	Saturday 3/28
<p><i>Breakfast</i> SCRAMBLED EGGS BACON COFFEE CAKE</p>	<p><i>Breakfast</i> POACHED EGG HOME FRIES DANISH</p>	<p><i>Breakfast</i> POACHED EGGS WAFFLES & SAUSAGE SCONES</p>	<p><i>Breakfast</i> FRIED EGGS BACON CINNAMON BUNS</p>	<p><i>Breakfast</i> SCRAMBLED EGGS LINGUICA MUFFINS</p>	<p><i>Breakfast</i> FRENCH TOAST SAUSAGE STRUDEL</p>	<p><i>Breakfast</i> FRIED EGGS CORNED BEEF HASH SCONES</p>
<p><i>Lunch</i> GARDEN SALAD VEGETABLE SOUP CORNED BEEF WITH POTATOES CABBAGE AND CARROTS CHICKEN LEG WITH WILD RICE MIXED VEGETABLES CHICKEN LEG WITH VEGGIES ♥ BOSTON CREAM PIE SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i> GARDEN SALAD TURKEY NOODLE SOUP SHEPHERDS PIE WITH CORN LINGUINE WITH CLAM SAUCE VEGETABLE MEDLEY VEGGIE BURGER WITH VEGGIES ♥ GINGERBREAD CAKE SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i> GARDEN SALAD TOMATO SOUP BEEF TIPS BRAISED POTATOES & BROCCOLI BAKED CHICKEN W/MASHED POTATOES ROASTED ZUCCHINI BAKED CHICKEN WITH VEGGIES ♥ CHEF CHOICE PUDDING SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i> GARDEN SALAD CHICKEN RICE SOUP SPAGHETTI AND MEATBALLS SIDE SALAD W/GARLIC BREAD THANKSGIVING CASSEROLE TURNIPS AND CARROTS TURKEY AND VEGETABLES ♥ ICE CREAM SUNDAE SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i> GARDEN SALAD WEDDING SOUP MEATLOAF W/MASHED POTATOES PEAS PORK CHOP W/SWEET POTATO CREAMED CORN VEGGIE BURGER WITH VEGGIES ♥ CHOCOLATE CREAM PIE SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i> GARDEN SALAD CLAM CHOWDER CRUMBED COD W/BAKED POTATO ASPARAGUS BREADED CHICKEN TENDERS BAKED POTATO & VEGGIES COD WITH VEGGIES ♥ APPLE CRISP SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i> GARDEN SALAD BEEF BARLEY SOUP CHICKEN THIGHS WITH RICE PEAS AND CARROTS GRILLED KIELBASA POTATOES & CABBAGE CHICKEN THIGHS W/VEGGIES ♥ ANGEL CAKE W/BERRIES SUGAR FREE OPTIONS ★</p>
<p><i>Dinner</i> PULLED PORK SANDWICH FRENCH FRIES APPLESAUCE OPEN FACED TURKEY SANDWICH FRENCH FRIES TURKEY ON WHEAT BREAD ♥ ICE CREAM SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i> CHICKEN AND BISCUIT PEAS AND CARROTS BEEF RAVIOLI GARLIC BREAD COTTAGE CHEESE & FRUIT ♥ PLATE PEACHES AND PEARS SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i> ITALIAN SAUSAGE AND PEPPERS ONIONS HOMEFRIES HAM AND CHEESE ON CROISSANT HOMEFRIES AND FRUIT PLAIN TUNA TOPPED SALAD ♥ COOKIE BARS SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i> STUFFED BAKED POTATO MIXED VEGETABLES HAMBURGER BAKED BEAN CASSEROLE SWEET BREAD CHICKEN TOPPED SALAD ♥ CUPCAKES SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i> BEEF POT PIE DELI CHICKEN SANDWICH CHIPS BEAN SALAD DELI CHICKEN SANDWICH ♥ ON WHEAT BREAD BREAD PUDDING SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i> FRIED HOT DOG POTATOES & ONIONS FRESH ROLL TUNA SALAD SANDWICH FRIES AND PICKLE PLAIN TUNA TOPPED SALAD ♥ COOKIES SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i> AMERICAN CHOP SUEY GREEN BEANS CHICKEN SALAD SANDWICH CHIPS AND OLIVES CHICKEN SALAD ON ♥ WHEAT BREAD TAPIOCA PUDDING SUGAR FREE OPTIONS ★</p>

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Sunday 3/29

Monday 3/30

Tuesday 3/31

Wednesday

Thursday

Friday

Saturday

Breakfast
 SCRAMBLED EGGS
 BACON
 COFFEE CAKE

Breakfast
 POACHED EGG
 HOME FRIES
 MUFFINS

Breakfast
 FRENCH TOAST
 SAUSAGE
 DANISH

Breakfast

Breakfast

Breakfast

Breakfast

Lunch

GARDEN SALAD
 VEGETABLE SOUP

POT ROAST W/POTATOES
 CARROTS

SWORDFISH W/WILD RICE
 SPINACH

SWORDFISH & VEGETABLES ♥

PECAN PIE

Lunch

GARDEN SALAD
 CORN CHOWDER

BAKED CHICKEN
 MARSALA SAUCE
 LINGUINE & VEGGIE MEDLEY

SALISBURY STEAK
 MASHED POTATO
 BROCCOLI CRISP

CHICKEN W/ VEGGIES ♥

PUDDING

Lunch

GARDEN SALAD
 CHICKEN & RICE SOUP

TURKEY TENDER CRISP
 MASHED POTATO
 GREEN BEANS

HAM STEAK
 SCALLOPED POTATOES
 BUTTERNUT SQUASH

SLICED TURKEY W/VEGGIES ♥

CHEF CHOICE CAKE

Lunch

Lunch

Lunch

Lunch

Dinner

BEEF CHILI
 CORN BREAD

GRILLED CHEESE
 CHIPS AND PICKLE

COTTAGE CHEESE & FRUIT ♥

ICE CREAM NOVELTIES
 SUGAR FREE OPTIONS ★

Dinner

BAKED BROCCOLI BAKE
 W/ROLL

LINGUICA
 PEPPERS & ONIONS
 HOME FRIES
 ROLL

CHICKEN TOPPED SALAD ♥

COOKIES
 SUGAR FREE OPTIONS ★

Dinner

SHRIMP/SEAFOOD SALAD SANDWICH
 CHIPS AND PICKLE

BBQ RIBLET
 FRIES
 COLESLAW

SMALL CHICKEN ♥

FRUIT/YOGURT PARFAIT
 SUGAR FREE OPTIONS ★

Dinner

Dinner

Dinner

Dinner