

# 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 Longwood

♥ = 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*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

*Breakfast*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
HOME FRIES

*Breakfast*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

*Breakfast*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

*Breakfast*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

*Breakfast*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
PANCAKES

*Breakfast*

EGGS AND STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
HOME FRIES

*Lunch*

GARDEN SALAD ON REQUEST ♥  
SANDWICH OF CHOICE ♥  
CHIPS AND PICKLE

*Lunch*

GARDEN SALAD ON REQUEST ♥  
HOT PASTRAMI  
SANDWICH ♥  
POTATO SALAD

*Lunch*

GARDEN SALAD ON REQUEST ♥  
SANDWICH OF CHOICE ♥  
CHIPS AND PICKLE

*Lunch*

GARDEN SALAD ON REQUEST ♥  
CHEESE BURGERS  
FRIES  
COLE SLAW

*Lunch*

GARDEN SALAD ON REQUEST ♥  
SANDWICH OF CHOICE W/SOUP

*Lunch*

GARDEN SALAD ON REQUEST ♥  
SEAFOOD SALAD ON ROLL  
MACARONI SALAD

*Lunch*

GARDEN SALAD ON REQUEST ♥  
HOT DOG  
BEANS

*Dinner*

CHEESE AND CRACKERS  
POT ROAST ♥  
OR BBQ RIBS  
ROASTED POTATOES  
CABBAGE

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

CHILLED FRUIT  
CAJUN SALMON OR ♥  
CHICKEN CORDON BLU  
YELLOW RICE  
ASPARAGUS

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

SOUP OF THE DAY  
TERIYAKI THIGHS OR ♥  
SMOTHERED PORK CHOPS  
MACARONI AND CHEESE  
BRUSSELS SPROUTS

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

GARDEN SALAD ♥  
TORTELLINI & SHRIMP OR ♥  
STUFFED SHELLS  
GARLIC BREAD  
BROCCOLI

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

CHILLED FRUIT  
MEATLOAF OR ♥  
CHICKEN ALA KING  
WHITE RICE WITH GRAVY  
SPINACH

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

SOUP OF THE DAY  
SWEET & SOUR PORK OR ♥  
BAKED COD  
MASHED POTATOES  
BABY CARROTS

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

CHILLED FRUIT  
BEEF POT PIE OR ♥  
AMERICAN CHOP SUEY  
WARM BREAD

FRESH FRUIT ♥  
YOGURT ♥

# Landmark At Longwood

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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  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
HOME FRIES

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
PANCAKES

## Breakfast

EGGS AND STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
HOME FRIES

## Lunch

GARDEN SALAD ON REQUEST ♥  
CHOICE OF SANDWICH ♥  
CHIPS

## Lunch

GARDEN SALAD ON REQUEST ♥  
TURKEY BURGER ♥  
SOUP

## Lunch

GARDEN SALAD ON REQUEST ♥  
CHOICE OF SANDWICH ♥  
CHIPS

## Lunch

GARDEN SALAD ON REQUEST ♥  
BLT ♥  
CREAM OF BROCCOLI SOUP ♥

## Lunch

GARDEN SALAD ON REQUEST ♥  
PEPPERONI AND CHEESE PIZZA  
SALAD ♥

## Lunch

GARDEN SALAD ON REQUEST ♥  
CHICKEN FINGERS  
FRIES

## Lunch

GARDEN SALAD ON REQUEST ♥  
GRILLED HOT DOG  
BEANS

## Dinner

CHEESE & CRACKERS  
ROASTED LAMB OR ♥  
GRILLED CHICKEN BREAST  
MASHED POTATOES  
CORN

FRESH FRUIT ♥  
YOGURT ♥

## Dinner

CHILLED FRUIT  
CAJUN TILAPIA OR ♥  
SALISBURY STEAK  
EGG NOODLES W/CREAM SAUCE  
PEAS AND CARROTS

FRESH FRUIT ♥  
YOGURT ♥

## Dinner

SOUP OF THE DAY  
ROASTED PORK LOIN OR ♥  
POT ROAST  
BROWN RICE  
MIXED VEGGIES

FRESH FRUIT ♥  
YOGURT ♥

## Dinner

GARDEN SALAD  
SAUSAGE AND PEPPERS OR ♥  
VEAL CUTLET W/LINGUINE  
BROCCOLI

FRESH FRUIT ♥  
YOGURT ♥

## Dinner

CHILLED FRUIT  
STEAK TIPS OR ♥  
BROCCOLI STUFFED CHICKEN  
SCALLOPED POTATOES  
SAUTEED SPINACH

FRESH FRUIT ♥  
YOGURT ♥

## Dinner

GARDEN SALAD  
BOILED DINNER OR ♥  
GRILLED HAM STEAKS  
NAVY BEANS  
CABBAGE

FRESH FRUIT ♥  
YOGURT ♥

## Dinner

CHILLED FRUIT  
BEEF STEW OR ♥  
JAMBALAYA  
WHITE RICE  
VEGGIES

FRESH FRUIT ♥  
YOGURT ♥

# Landmark At Longwood

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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  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
HOME FRIES

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
PANCAKES

## Breakfast

EGGS AND STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
HOME FRIES

## Lunch

GARDEN SALAD ON REQUEST ♥  
CHOICE OF SANDWICH ♥  
CHIPS

## Lunch

GARDEN SALAD ON REQUEST ♥  
TURKEY CLUB ♥  
SOUP

## Lunch

GARDEN SALAD ON REQUEST ♥  
CHOICE OF SANDWICH ♥  
CHIPS

## Lunch

GARDEN SALAD ON REQUEST ♥  
HOT PASTRAMI SANDWICH  
TATOR TOTS

## Lunch

GARDEN SALAD ON REQUEST ♥  
CHOICE OF SANDWICH ♥  
BEAN SOUP

## Lunch

GARDEN SALAD ON REQUEST ♥  
FISH CAKES W/ COLE SLAW  
SWEET FRIES

## Lunch

GARDEN SALAD ON REQUEST ♥  
SLOPPY JOE  
FRIES

## Dinner

CHEESE & CRACKERS  
SWORD FISH W/MANGO SALSA OR ♥  
POT ROAST ♥  
RICE PILAF  
CORN  
  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

CHILLED FRUIT  
BAKED CHICKEN OR ♥  
PEPPER STEAK ♥  
POTATOES AND CARROTS  
SPINACH  
  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

SOUP OF THE DAY  
TURKEY TIPS OR ♥  
LIVER AND ONIONS  
EGG NOODLES W/GARLIC SAUCE  
MIXED VEGGIES  
  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

GARDEN SALAD ♥  
CHICKEN & BROCCOLI W/PENNE ♥  
OR LASAGNA  
GARLIC BREAD  
BROCCOLI  
  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

CHILLED FRUIT  
SALISBURY STEAK OR ♥  
TERIYAKI CHICKEN THIGHS ♥  
MACARONI & CHEESE  
STRING BEANS  
  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

SOUP OF THE DAY OR  
BAKED TILAPIA ♥  
NAVY BEANS & RICE  
BRUSSELS SPROUTS  
  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

GARDEN SALAD OR ♥  
SHEPHERDS PIE ♥  
WARM BREAD  
ASPARAGUS  
  
FRESH FRUIT ♥  
YOGURT ♥

# Landmark At Longwood

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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  
EGG BEATERS ♥  
FRESH FRUIT  
SAUSAGE  
WHOLE WHEAT PANCAKE ♥  
HOT CEREAL  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
FRESH FRUIT  
BACON  
BLUEBERRY MUFFIN ♥  
HOT CEREAL  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
FRESH FRUIT  
HAM  
WHOLE WHEAT PANCAKE ♥  
HOT CEREAL  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
FRESH FRUIT  
CORNED BEEF HASH  
WHOLE WHEAT TOAST ♥  
HOT CEREAL  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
FRESH FRUIT  
CANADIAN BACON  
WHEAT BAGEL ♥  
HOT CEREAL  
COLD CEREAL SELECTION

## Breakfast

EGGS ANY STYLE  
EGG BEATERS ♥  
FRESH FRUIT  
SAUSAGE  
WHEAT FRENCH TOAST ♥  
HOT CEREAL  
COLD CEREAL SELECTION

## Breakfast

EGGS AND STYLE  
EGG BEATERS ♥  
FRESH FRUIT  
BACON  
DANISH ♥  
HOT CEREAL  
COLD CEREAL SELECTION

## Lunch

GARDEN SALAD ♥  
CORNISH GAME HEN ♥  
BAKED HADDOCK ♥  
SWEET POTATO ♥  
COLLARD GREENS ♥

APPLE PIE

## Lunch

GARDEN SALAD ♥  
CHICKEN PICATTA ♥  
CORNED BEEF ♥  
CABBAGE ♥  
CARROTS/BOILED POTATOES ♥

ASSORTED DESSERTS

## Lunch

GARDEN SALAD ♥  
PAN SEARED SALMON ♥  
EGGPLANT PARMESAN ♥  
VEGETABLE MEDLEY ♥  
GRILLED ASPARAGUS ♥

POUND CAKE

## Lunch

GARDEN SALAD ♥  
ITALIAN MEATBALL ♥  
PORK CHOP ♥  
BUTTER PASTA ♥  
VEGGIE MEDLEY ♥

BLUEBERRY PIE

## Lunch

GARDEN SALAD ♥  
VEAL OSSO BUCO ♥  
CHICKEN PAPRIKA ♥  
MASHED POTATO ♥  
SNOW PEAS ♥

MARBLE CAKE

## Lunch

GARDEN SALAD ♥  
J BROWN STEW CHICKEN ♥  
GRILLED SWORDFISH ♥  
PEAS AND RICE ♥  
SAUTEED CABBAGE ♥

BOSTON CREAM PIE

## Lunch

GARDEN SALAD ♥  
BRATWURST W/SAUERKRAUT ♥  
CHICKEN STRAGANOFF ♥  
CAULIFLOWER ♥  
BAKED BEANS ♥

ASSORTED COOKIES

## Dinner

SOUP OF THE DAY  
STUFFED CHICKEN BROCCOLI ♥  
TUNA MELT  
RICE PILAF  
POTATO PANCAKES

ASSORTED DESSERTS ♥  
FRESH FRUIT ♥  
YOGURT

## Dinner

SOUP OF THE DAY  
ASSORTED CALZONES ♥  
CHICKEN SALAD  
PASTA SALAD  
OVEN ROAST VEGGIES

CAKES  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

SOUP OF THE DAY  
STUFFED ZUCCHINI ♥  
EGG SALAD SANDWICH  
BUTTERNUT SQUASH  
GREEN BEANS

PEACHES AND CREAM  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

SOUP OF THE DAY  
CHILI AND CORNBREAD ♥  
CHICKEN POT PIE  
TABBOULEH SALAD ♥  
ROASTED POTATOES

COOKIES AND CREAM  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

SOUP OF THE DAY  
CHICKEN ALA KING ♥  
GRILLED HAM AND CHEESE  
PEAS AND CARROTS  
TATOR TOTS

VANILLA PUDDING  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

SOUP OF THE DAY  
PASTA PRIMAVERA ♥  
FISH AND CHIPS  
COLE SLAW  
MIXED VEGETABLES

ASSORTED DESSERTS  
FRESH FRUIT ♥  
YOGURT ♥

## Dinner

SOUP OF THE DAY  
CHICKEN STIR FRY ♥  
MONTE CRISTO SANDWICH  
STIR FRY VEGETABLES  
WHITE RICE

CHOCOLATE PUDDING  
FRESH FRUIT ♥  
YOGURT ♥

# Landmark At Longwood

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

Sunday 3/29

Monday 3/30

Tuesday 3/31

Wednesday

Thursday

Friday

Saturday

*Breakfast*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

*Breakfast*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
HOME FRIES

*Breakfast*

EGGS ANY STYLE  
EGG BEATERS ♥  
SAUSAGE OR BACON  
GRITS  
HOT CEREAL ♥  
COLD CEREAL SELECTION

*Breakfast*

*Breakfast*

*Breakfast*

*Breakfast*

*Lunch*

GARDEN SALAD ON REQUEST ♥  
SANDWICH OF CHOICE ♥  
CHIPS AND PICKLE

*Lunch*

GARDEN SALAD ON REQUEST ♥  
HOT PASTRAMI  
SANDWICH ♥  
POTATO SALAD

*Lunch*

GARDEN SALAD ON REQUEST ♥  
SANDWICH OF CHOICE ♥  
CHIPS AND PICKLE

*Lunch*

*Lunch*

*Lunch*

*Lunch*

*Dinner*

CHEESE AND CRACKERS  
POT ROAST ♥  
OR BBQ RIBS  
ROASTED POTATOES  
CABBAGE

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

CHILLED FRUIT  
CAJUN SALMON OR ♥  
CHICKEN CORDON BLU  
YELLOW RICE  
ASPARAGUS

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

SOUP OF THE DAY  
TERIYAKI THIGHS OR ♥  
SMOTHERED PORK CHOPS  
MACARONI AND CHEESE  
BRUSSELS SPROUTS

FRESH FRUIT ♥  
YOGURT ♥

*Dinner*

*Dinner*

*Dinner*

*Dinner*