

# 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 Monastery Heights

♥ = 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

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Lunch

BBQ CHICKEN  
ASIAN GRILLED SALMON WITH  
BAKED POTATO AND  
SPINACH

BOSTON CREME PIE  
SUGAR FREE PARFAIT ★

## Lunch

POT ROAST  
BAKED HAM WITH  
SWEET POTATO  
CALIFORNIA MIXED VEGETABLE

ICE CREAM  
SUGAR FREE ICE CREAM ★

## Lunch

ROAST PORK  
CHICKEN CACCIATORE WITH  
BUTTERED NOODLES  
PEAS

BANANA CREAM CAKE  
SUGAR FREE JELLO ★

## Lunch

SEAFOOD TOPPED SCROD  
STUFFED PEPPERS WITH  
VEGETABLE  
COLE SLAW  
ROLL

LEMON CREAM CAKE  
SUGAR FREE CAKE ★

## Lunch

MEATLOAF  
TURKEY WITH  
MASHED POTATO  
SQUASH

SPECIALTY CAKE  
FRESH STRAWBERRIES ★

## Lunch

COCONUT SHRIMP  
CHICKEN FRANCAIS WITH  
RICE PILAF  
GREEN BEANS

CHOCOLATE CREAM PIE  
SUGAR FREE PARFAIT ★

## Lunch

BRATWURST W/CABBAGE  
POTATO AND CARROTS  
SPAGHETTI & MEATBALLS  
SALAD

COOKIES  
FRUIT COCKTAIL ★

## Dinner

STUFFED RIGATONI WITH  
SALAD  
EGG SALAD SANDWICH WITH  
SOUP

BUTTERSCOTCH PUDDING  
MANDARIN ORANGES ★

## Dinner

SUMMER CHILI WITH VEGGIES  
AND ROLL  
HONEY GARLIC CHICKEN  
SANDWICH WITH PASTA SALAD

PEACH PIE  
SUGAR FREE PUDDING ★

## Dinner

GRILLED CHEESE AND TOMATO  
OR PASTRAMI ON RYE  
WITH CREAM OF BROCCOLI  
SOUP

APPLE CRISP  
SUGAR FREE MOUSSE ★

## Dinner

PENNE W/SUN DRIED TOMATO  
PESTO OR  
CHICKEN CAESAR SALAD  
WITH GARLIC STICK

CHOCOLATE PUDDING  
PEACHES ★

## Dinner

SAUSAGE GRINDER WITH  
PEPPERS AND ONIONS OR  
POTATO PANCAKE WITH  
COTTAGE CHEESE, FRUIT,  
AND ROLL

COCONUT PIE  
ASSORTED SUGAR FREE  
DESSERTS ★

## Dinner

MUSHROOM BURGER WITH  
CHIPS AND PICKLE  
OR FISH-N-CHIPS W/COLE SLAW

TAPIOCA PUDDING  
MIXED FRUIT ★

## Dinner

CHICKEN SALAD ON  
CROISSANT WITH  
VEGETABLE SOUP  
HOT DOG AND BEANS

BROWNIES  
SUGAR FREE MOUSSE ★

# Landmark At Monastery Heights

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

Sunday 3/8

Monday 3/9

Tuesday 3/10

Wednesday 3/11

Thursday 3/12

Friday 3/13

Saturday 3/14

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Breakfast

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

## Lunch

ROAST CHICKEN  
SALISBURY STEAK  
WITH WHIPPED POTATO  
AND BRUSSELS SPROUTS

TIRAMISU CAKE  
SUGAR FREE PARFAIT ★

## Lunch

SHEPHERD PIE  
CRAB CAKE WITH SALAD  
VEGETABLE AND  
COLE SLAW

ICE CREAM  
SUGAR FREE ICE CREAM ★

## Lunch

CHICKEN MARSALA  
PORK WITH STUFFING  
WITH NOODLES AND BROCCOLI

VARIETY CAKE  
SUGAR FREE JELLO ★

## Lunch

SCROD FLORENTINE  
SWEDISH MEATBALLS  
WITH ORZO AND CAULIFLOWER

TRUFFLE CAKE  
SUGAR FREE MOUSSE ★

## Lunch

YANKEE POT ROAST  
ROAST TURKEY BREAST  
MASHED POTATO  
AND SQUASH

SPECIALTY CAKE  
FRESH STRAWBERRIES ★

## Lunch

SHRIMP STIR FRY OVER RICE  
AND CARROTS  
LASAGNA WITH SALAD  
AND ROLL

CARROT CAKE  
SUGAR FREE PARFAIT ★

## Lunch

PARMESAN CRUSTED CHICKEN  
KANSAS CITY RIBS  
WITH SWEET POTATO  
AND BEANS

## Dinner

PIZZA AND GREEK SALAD  
TUNA COLD PLATE

CHOCOLATE PUDDING  
MANDARIN ORANGES ★

## Dinner

TURKEY CLUB OR ROAST  
BEEF SANDWICH  
WITH FRENCH ONION SOUP  
OR SALAD

CHERRY PIE  
SUGAR FREE PINEAPPLES ★

## Dinner

RIGATONI WITH SUMMER BOLONESE  
TILAPIA WITH VEGGIES  
AND BROCCOLI SLAW

LEMON MERINGUE  
SUGAR FREE CAKE ★

## Dinner

GRILLED CHEESE  
LOBSTER SALAD ROLL  
WITH TOMATO BASIL SOUP

PUMPKIN PIE  
FRUIT COCKTAIL ★

## Dinner

RAVIOLIS WITH SALAD  
AND GARLIC STICK  
CHICKEN CORDON BLEU WITH  
CUKE AND TOMATO SALAD

ASSORTED SUGAR FREE  
DESSERTS ★

## Dinner

HOT DOG AND BEANS  
THREE CHEESE BAKE WITH  
VEGETABLES

VANILLA PUDDING  
MIXED FRUIT ★

## Dinner

CHEESEBURGER SPECIAL  
SPINACH AND CHEESE  
FRITTATA WITH  
HOME FRIES

BANANA CREAM PIE  
SUGAR FREE JELLO ★

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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

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Lunch

BAKED HAM  
ITALIAN STYLE CHICKEN  
BASKED POTATO  
CORN  
  
CHOCOLATE PIE  
SUGAR FREE PARFAIT ★

## Lunch

GRILLED CHICKEN  
BRAISED BEEF W/TORTELLINI  
VEGETABLES  
SALAD  
  
ICE CREAM  
SUGAR FREE ICE CREAM ★

## Lunch

STUFFED CABBAGE OR PORK FIESTA  
ROASTED POTATO  
WHOLE GREEN BEANS  
  
LEMON CREAM CAKE  
ASSORTED SUGAR FREE ★

## Lunch

SEAFOOD CASSEROLE WITH  
STUFFED POTATO & BROCCOLI  
CHICKEN BROCCOLI ALFREDO  
  
STRAWBERRY SHORT CAKE  
SUGAR FREE JELLO ★

## Lunch

TURKEY OR ROAST BEEF  
MASHED POTATO  
SQUASH  
  
SPECIALTY CAKE  
FRESH STRAWBERRIES ★

## Lunch

SHRIMP OR SMOTHERED CHICKEN  
CREAMY RISOTTO  
PEAS  
  
TAPIOCA PUDDING  
MIX FRUIT ★

## Lunch

TURKEY STEW WITH BISCUIT  
SPAGHETTI AND SAUSAGE  
SALAD  
  
COOKIES  
FRUIT COCKTAIL ★

## Dinner

BAKED MACARONI & CHEESE  
WITH STEWED TOMATOES  
CHEF SALAD  
  
BUTTERSCOTCH PUDDING  
MANDARIN ORANGES ★

## Dinner

EGG SALAD WITH  
CORN CHOWDER  
FETTUCCHINE WITH PESTO SAUCE  
AND GARLIC ROLL  
  
FRUITS OF THE FOREST PIE  
SUGAR FREE MOUSSE ★

## Dinner

STUFFED SHELLS  
PASTRAMI SANDWICH  
MANDARIN ORANGE SALAD  
  
BANANA CAKE  
SUGAR FREE PUDDING ★

## Dinner

GRILLED HAM AND CHEESE  
MEATBALL GRINDER  
MINISTRONE SOUP  
  
CHOCOLATE VANILLA PUDDING  
SWIRL  
SUGAR FREE CAKE ★

## Dinner

PULLED PORK SANDWICH  
RANCH CHICKEN SANDWICH  
PASTA SALAD  
  
SHERBET  
AMBROSIA

## Dinner

CLASSIC BURGER  
FISH CAKES  
TATER TOTS  
COLE SLAW  
  
TAPIOCA PUDDING  
MIX FRUIT ★

## Dinner

CHICKEN SALAD SANDWICH  
HOT DOG  
POTATO SALAD  
  
BROWNIES  
SUGAR FREE PUDDING ★



# Landmark At Monastery Heights

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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

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Breakfast

**BREAKFAST SPECIAL**  
COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS, ♥  
FAT FREE MUFFINS  
FRESH FRUIT  
YOGURT

## Lunch

ROAST CHICKEN ♥  
PEPPER STEAK  
GARLIC MASHED POTATO  
CALIFORNIA MIXED VEGGIES

## Lunch

SHEPHERD'S PIE  
TUSCAN MAC AND CHEESE  
SALAD  
ROLL

## Lunch

PORK CHOP ♥  
CRAB CAKES ♥  
ORZO  
PEAS AND CARROTS

## Lunch

FRESH CATCH OF THE DAY ♥  
CHICKEN PARMESAN  
NOODLES  
MIXED BEANS

## Lunch

ROAST TURKEY ♥  
YANKEE POT ROAST  
MASHED POTATOES  
SQUASH

## Lunch

SHRIMP SCAMPI ♥  
MEATBALL MARSALA  
FETTUCCINE  
WINTER MIX

## Lunch

VEGETABLE LASAGNA ♥  
BEEF POT PIE  
SALAD

## Dinner

PIZZA  
GREEK SALAD  
CHICKEN ♥  
ROASTED VEGGIES OVER RICE ♥

## Dinner

TURKEY SANDWICH ♥  
FRENCH DIP  
TORTELLINI SOUP

## Dinner

BRUSCHETTA CHICKEN ♥  
TUNA SALAD SANDWICH ♥  
VEGETABLE SLAW

## Dinner

SLOPPY JOE  
GRILLED CHEESE  
PASTA FAGIOLI  
FRESH BERRY SALAD

## Dinner

AMERICAN CHOP SUEY  
GARDEN SALAD  
BLT WITH CHIPS AND PICKLE  
BROCCOLI SLAW

## Dinner

SEAFOOD SALAD ♥  
CLAM CHOWDER  
VEGETABLE JAMBALAYA ♥

## Dinner

KIELBASA BAKE  
ITALIAN OMELET ♥  
HOME FRIES

# Landmark At Monastery Heights

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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*

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

*Breakfast*

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

*Breakfast*

COLD CEREAL SELECTION  
OATMEAL  
EGGS SCRAMBLED/OVER EASY  
BACON OR SAUSAGE LINKS  
TOAST, ENGLISH MUFFINS,  
FAT FREE MUFFINS ♥  
FRESH FRUIT  
YOGURT

*Breakfast*

*Breakfast*

*Breakfast*

*Breakfast*

*Lunch*

BBQ CHICKEN  
ASIAN GRILLED SALMON WITH  
BAKED POTATO AND  
SPINACH

BOSTON CREME PIE  
SUGAR FREE PARFAIT ★

*Lunch*

POT ROAST  
BAKED HAM WITH  
SWEET POTATO  
CALIFORNIA MIXED VEGETABLE

ICE CREAM  
SUGAR FREE ICE CREAM ★

*Lunch*

ROAST PORK  
CHICKEN CACCIATORE WITH  
BUTTERED NOODLES  
PEAS

BANANA CREAM CAKE  
SUGAR FREE JELLO ★

*Lunch*

*Lunch*

*Lunch*

*Lunch*

*Dinner*

STUFFED RIGATONI WITH  
SALAD  
EGG SALAD SANDWICH WITH  
SOUP

BUTTERSCOTCH PUDDING  
MANDARIN ORANGES ★

*Dinner*

SUMMER CHILI WITH VEGGIES  
AND ROLL  
HONEY GARLIC CHICKEN  
SANDWICH WITH PASTA SALAD

PEACH PIE  
SUGAR FREE PUDDING ★

*Dinner*

GRILLED CHEESE AND TOMATO  
OR PASTRAMI ON RYE  
WITH CREAM OF BROCCOLI  
SOUP

APPLE CRISP  
SUGAR FREE MOUSSE ★

*Dinner*

*Dinner*

*Dinner*

*Dinner*