

# Landmark At Fall River

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

Sunday 9/13

Monday 9/14

Tuesday 9/15

Wednesday 9/16

Thursday 9/17

Friday 9/18

Saturday 9/19

Sunday 9/13	Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18	Saturday 9/19
<p><i>Breakfast</i>                      SCRAMBLED EGGS                      BACON                      COFFEE CAKE</p>	<p><i>Breakfast</i>                      WAFFLES                      SAUSAGE                      DANISH</p>	<p><i>Breakfast</i>                      POACHED EGGS                      HAM                      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</p> <p>BEEF BRISKET                      BRAISED POTATOES                      BABY CARROTS</p> <p>ROASTED BONE IN CHICKEN BREAST                      WILD RICE                      MEDLEY</p> <p>CHICKEN WITH VEGETABLES ♥</p> <p>BOSTON CREME PIE                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      TOMATO SOUP</p> <p>TERIYAKI BEEF W/NOODLES                      BROCCOLI</p> <p>CRUMBLER COD                      BAKED POTATO                      GREEN BEANS</p> <p>PLAIN COD WITH VEGETABLES ♥</p> <p>STRAWBERRY SHORTCAKE                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      MINESTRONE SOUP</p> <p>BOURBON CHICKEN                      MASHED POTATOES                      TOMATO/SQUASH</p> <p>SHRIMP SCAMPI                      RICE &amp; BROCCOLI CRISP</p> <p>BAKED CHICKEN W/VEGETABLES ♥</p> <p>PUDGING PARFAIT                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      CHICKEN RICE SOUP</p> <p>SPAGHETTI &amp; MEATBALLS                      BRUSSEL SPROUTS</p> <p>HAM STEAK                      MASHED SWEET POTATO                      VEGETABLE MEDLEY</p> <p>VEGGIE BURGER W/VEGGIES ♥</p> <p>ICE CREAM SUNDAE                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      WEDDING SOUP</p> <p>TURKEY                      MASHED POTATO &amp; PEAS</p> <p>BEEF CHOW MEIN                      RICE                      EGG ROLL</p> <p>TURKEY W/VEGGIES ♥</p> <p>BLUEBERRY PIE                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      MANHATTAN CLAM CHOWDER</p> <p>SALMON PIE W/DILL SAUCE                      ASPARAGUS</p> <p>HAMBURGER                      POTATO WEDGES                      CARROTS</p> <p>VEGGIE BURGER W/VEGGIES ♥</p> <p>BROWNIE                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      TURKEY NOODLE SOUP</p> <p>AMERICAN CHOP SUEY                      GREEN BEANS</p> <p>SAUSAGE FEST                      STEAMED POTATOES                      CABBAGE</p> <p>BAKED CHICKEN W/VEGGIES ♥</p> <p>AMBROSIA                      SUGAR FREE OPTIONS ★</p>
<p><i>Dinner</i>                      GARDEN SALAD                      VEGETABLE SOUP</p> <p>SUMMER SKILLET W/PASTA</p> <p>PANCAKES W/FRUIT TOPPING                      SAUSAGE</p> <p>SMALL SUMMER SKILLET ♥</p> <p>ICE CREAM NOVELTIES                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      TOMATO SOUP</p> <p>TUMA MELT W/FRIES                      PICKLES</p> <p>ROAST BEEF SANDWICH                      CHIPS &amp; PICKLES</p> <p>TUNA TOPPED SALAD ♥</p> <p>COOKIES</p> <p>SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      MINESTRONE</p> <p>PULLED PORK SANDWICH                      HOMEFRIES</p> <p>EGG SALAD SANDWICH                      CHIPS &amp; PICKLE</p> <p>EGG WHITE SALAD ON WHEAT ♥</p> <p>CHEESECAKE                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      CHICKEN RICE</p> <p>GREEK CHICKEN                      SPANISH RICE</p> <p>FISH SANDWICH                      TATER TOTS</p> <p>CHICKEN W/SPINACH RICE ♥</p> <p>CUPCAKES                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      WEDDING SOUP</p> <p>GRILLED REUBEN                      CHIPS &amp; PICKLE</p> <p>CHICKEN MACARONI SALAD</p> <p>CHICKEN TOPPED SALAD ♥</p> <p>FRUIT CUP                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      MANHATTAN CLAM CHOWDER</p> <p>PIZZA                      TOMATO CUCUMBER SALAD</p> <p>HAM SANDWICH W/CHIPS                      TOMATO CUCUMBER SALAD</p> <p>COTTAGE CHEESE &amp; FRUIT ♥</p> <p>PUDGING                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      CRAB CAKES W/SLAW                      FRENCH FRIES</p> <p>QUICHE                      FRUIT CUP</p> <p>TUNA TOPPED SALAD ♥</p> <p>COOKIE BARS                      SUGAR FREE OPTIONS ★</p>

# Landmark At Fall River

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Sunday 9/20

Monday 9/21

Tuesday 9/22

Wednesday 9/23

Thursday 9/24

Friday 9/25

Saturday 9/26

Sunday 9/20	Monday 9/21	Tuesday 9/22	Wednesday 9/23	Thursday 9/24	Friday 9/25	Saturday 9/26
<p><i>Breakfast</i>                      SCRAMBLED EGGS                      BACON                      COFFEE CAKE</p>	<p><i>Breakfast</i>                      POACHED EGG                      HOME FRIES                      DANISH</p>	<p><i>Breakfast</i>                      WAFFLES &amp; FRUIT                      SAUSAGE                      SCONES</p>	<p><i>Breakfast</i>                      POACHED FRIED EGGS                      BACON                      CINNAMON BUNS</p>	<p><i>Breakfast</i>                      SCRAMBLED EGGS                      HAM                      MUFFINS</p>	<p><i>Breakfast</i>                      PANCAKES                      SAUSAGE                      STRUDEL</p>	<p><i>Breakfast</i>                      FRIED EGGS                      CORNED BEEF HASH                      SCONES</p>
<p><i>Lunch</i>                      GARDEN SALAD                      VEGETABLE SOUP</p> <p>POT ROAST                      BRAISED POTATOES &amp; CARROTS</p> <p>TURKEY TIPS                      MASHED POTATOES                      BROCCOLI CRISP</p> <p>TURKEY W/VEGETABLES ♥</p> <p>CHEESECAKE                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      TURKEY NOODLE SOUP</p> <p>SHEPHERDS PIE WITH CORN</p> <p>SWEET &amp; SOUR CHICKEN                      RICE &amp; VEGGIE MEDLEY</p> <p>BAKED CHICKEN W/VEGGIES ♥</p> <p>PUDDING PARFAIT                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      KALE SOUP</p> <p>BBQ CHICKEN MASHED POTATOES                      GREEN BEANS</p> <p>LIVER &amp; ONIONS                      MASHED POTATOES &amp; CARROTS</p> <p>BAKED CHICKEN W/VEGGIES ♥</p> <p>GRAPENUT CUSTARD                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      CHICKEN RICE SOUP</p> <p>STUFFED SHELLS                      SIDE SALAD</p> <p>GRILLED FLANK STEAK                      RICE &amp; PEAS</p> <p>VEGGIE BURGER W/VEGGIES ♥</p> <p>SHERBET                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      BROCCOLI CHEESE SOUP</p> <p>SEASONED RIBS                      MASHED POTATOES &amp; CORN</p> <p>GRILLED CHICKEN                      MASHED POTATOES &amp; BEETS</p> <p>GRILLED CHICKEN W/VEGGIES ♥</p> <p>FRUIT PIE                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      CLAM CHOWDER</p> <p>SEAFOOD CASSEROLE                      BAKED POTATO &amp; ASPARAGUS</p> <p>SWISS STEAK &amp; PEPPERS                      BAKED POTATO &amp; VEGGIES</p> <p>VEGGIE BURGER W/VEGGIES ♥</p> <p>FROSTED CAKE                      SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i>                      GARDEN SALAD                      BEEF BARLEY SOUP</p> <p>HOT DOG                      BAKED BEANS &amp; BROWN BREAD</p> <p>CHICKEN STIR FRY                      RICE</p> <p>STIR FRY W/VEGGIES ♥</p> <p>VANILLA YOGURT                      BERRY PARFAIT                      SUGAR FREE OPTIONS ★</p>
<p><i>Dinner</i>                      GARDEN SALAD                      VEGETABLE SOUP</p> <p>BREAKFAST CROISSANT SANDWICH                      HOMEFRIES</p> <p>MINI MEATBALL SUB                      HOMEFRIES</p> <p>COTTAGE CHEESE W/FRUIT ♥</p> <p>ICE CREAM                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      TURKEY NOODLE SOUP</p> <p>GRILLED CHEESE                      PASTA SALAD</p> <p>SPINACH SALAD W/TURKEY                      GARLIC BREAD</p> <p>SPINACH SALAD W/TURKEY ♥</p> <p>PINEAPPLE UPSIDE DOWN                      CAKE                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      KALE SOUP</p> <p>BREADED CHICKEN SANDWICH                      POTATO SALAD</p> <p>HAM SANDWICH                      POTATO SALAD</p> <p>CHICKEN TOPPED SALAD ♥</p> <p>COOKIES                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      CHICKEN RICE SOUP</p> <p>WALDORF CHICKEN SALAD PLATE                      PITA BREAD</p> <p>ITALIAN GRINDER                      CHIPS &amp; PICKLE</p> <p>COTTAGE CHEESE W/FRUIT ♥</p> <p>RADIATOR CAKE                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      BROCCOLI CHEESE SOUP</p> <p>SOUTHWEST CHICKEN                      W/RICE</p> <p>SLOPPY JOES                      TATER TOTS</p> <p>CHICKEN TOPPED SALAD ♥</p> <p>MOUSSE                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      CLAM CHOWDER</p> <p>TUNA SALAD SANDWICH                      CHIPS &amp; PICKLE</p> <p>TURKEY POT PIE                      CRANBERRY SAUCE</p> <p>TUNA TOPPED SALAD ♥</p> <p>FRUIT CUP                      SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i>                      GARDEN SALAD                      BEEF BARLEY SOUP</p> <p>CABBAGE CASSEROLE</p> <p>SEAFOOD SALAD SANDWICH                      CHIPS &amp; PICKLE</p> <p>SEAFOOD SALAD ♥</p> <p>COOKIE BAR                      SUGAR FREE OPTIONS ★</p>

# Landmark At Fall River

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Sunday 9/27

Monday 9/28

Tuesday 9/29

Wednesday 9/30

Thursday

Friday

Saturday

Sunday 9/27	Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday	Friday	Saturday
<p><i>Breakfast</i></p> <p>SCRAMBLED EGGS BACON COFFEE CAKE</p>	<p><i>Breakfast</i></p> <p>POACHED EGG WAFFLES &amp; SAUSAGE DANISH</p>	<p><i>Breakfast</i></p> <p>POACHED EGGS HOME FRIES SCONES</p>	<p><i>Breakfast</i></p> <p>POACHED FRIED EGGS BACON CINNAMON BUNS</p>	<p><i>Breakfast</i></p>	<p><i>Breakfast</i></p>	<p><i>Breakfast</i></p>
<p><i>Lunch</i></p> <p>GARDEN SALAD BEEF VEGETABLE SOUP</p> <p>BAKED CHICKEN LINGUICA STUFFING MASHED POTATO &amp; CARROTS</p> <p>BAKED HAM SWEET POTATO &amp; CAULIFLOWER</p> <p>BAKED CHICKEN W/VEGGIES ♥</p> <p>LEMON MERINGUE PIE SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i></p> <p>GARDEN SALAD TOMATO SOUP</p> <p>OVEN FRIED CHICKEN POTATO WEDGES &amp; SQUASH</p> <p>BEEF TIPS BRAISED POTATOES &amp; CORN</p> <p>BAKED CHICKEN W/SALAD ♥</p> <p>PUDDING PARFAIT SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i></p> <p>GARDEN SALAD MINISTRONE SOUP</p> <p>SWEET &amp; SPICY SALMON W/RICE GREEN BEANS</p> <p>ITALIAN CHICKEN PARSLIED POTATOES SUMMER MEDLEY</p> <p>BAKED CHICKEN W/VEGGIES ♥</p> <p>CAKE SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i></p> <p>GARDEN SALAD CHICKEN NOODLE SOUP</p> <p>SPAGHETTI &amp; MEATBALLS SIDE SALAD &amp; GARLIC BREAD</p> <p>TURKEY TURNOVER ASPARAGUS</p> <p>TURKEY W/VEGGIES ♥</p> <p>ICE CREAM SUNDAE SUGAR FREE OPTIONS ★</p>	<p><i>Lunch</i></p>	<p><i>Lunch</i></p>	<p><i>Lunch</i></p>
<p><i>Dinner</i></p> <p>GARDEN SALAD BEEF VEGETABLE SOUP</p> <p>STUFFED QUAHOG W/FRIES COLESLAW</p> <p>MAC &amp; CHEESE STEWED TOMATO CRISP</p> <p>COTTAGE CHEESE &amp; FRUIT ♥</p> <p>ICE CREAM SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i></p> <p>GARDEN SALAD TOMATO SOUP</p> <p>HAM &amp; CHEESE CROISSANT CHIPS &amp; PICKLE</p> <p>HAMBURGER POTATO SALAD CUCUMBER SPEAR</p> <p>VEGGIE BURGER W/TOMATO ♥</p> <p>COOKIES SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i></p> <p>GARDEN SALAD MINISTRONE SOUP</p> <p>CHICKEN/MACARONI BAKE VEGETABLES</p> <p>ITALIAN SAUSAGE SUB FRIES &amp; VEGETABLES</p> <p>CHICKEN TOPPED SALAD ♥</p> <p>FRUIT CUP SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i></p> <p>GARDEN SALAD CHICKEN NOODLE SOUP</p> <p>VEAL PARMESAN SANDWICH CHIPS</p> <p>EGG SALAD SANDWICH PASTA SALAD</p> <p>EGG WHITE SALAD ON WHEAT ♥</p> <p>MOUSSE SUGAR FREE OPTIONS ★</p>	<p><i>Dinner</i></p>	<p><i>Dinner</i></p>	<p><i>Dinner</i></p>

# 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