

Landmark At Longwood

♥ = 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

Breakfast

EGGS ANY STYLE
EGG BEATERS
FRESH FRUIT ♥
SAUSAGE
CROISSANTS
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 ♥
PORK LOINS
CORNISH HENS
RICE PILAF
CABBAGE ♥

BLUEBERRY PIE

Lunch

GARDEN SALAD ♥
SHRIMP SCAMPI
BAKED MEATLOAF
MASHED POTATOES
ZUCCHINI BLEND ♥

STRAWBERRY SHORTCAKE

Lunch

GARDEN SALAD ♥
PAPRIKA CHICKEN ♥
STUFFED FILET OF SOL
RISOTTO
ROASTED VEGETABLES ♥

APPLE DUMPLINGS

Lunch

GARDEN SALAD ♥
SPAGHETTI & MEATBALLS
HONEY GLAZED HAM
SWEET POTATO MASH ♥
GREEN BEANS ♥

CHERRY PIE

Lunch

GARDEN SALAD ♥
ROASTED LEG OF LAMB
TERRAGON CHICKEN ♥
RICE PILAF
GRILLED ASPARAGUS ♥

BOSTON CREME PIE

Lunch

GARDEN SALAD ♥
FISH OF THE DAY ♥
FRENCH DIP
CHEF CHOICE
MIXED GREENS ♥

PINA COLATTA CAKE

Lunch

GARDEN SALAD ♥
PORK TENDERLOIN
CHICKEN MARSALA
STEAMED WHITE RICE
MIXED GREENS ♥

CHEF CHOICE

Dinner

SOUP OF THE DAY

BAKED HADDOCK
AMERICAN CHOP SUEY
ITALIAN SAUSAGE
MIXED VEGETABLES ♥
POLENTA

BROWNIE
FRUIT/YOGURT ★

Dinner

SOUP OF THE DAY

TUNA MELTS
COUNTRY FRIED CHICKEN
PEAS AND CARROTS ♥
FRENCH FRIES

BUTTERSCOTCH PUDDING
FRESH FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
LIVER & ONIONS
RAVIOLI
ITALIAN BLEND ♥
TATER TOTS

ASSORTED COOKIES
FRESH FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
GRILLED CHEESE W/TOMATO
TURKEY BURGERS ♥
CHEF CHOICE
GARLIC BREAD

PEACHES & CREAM
FRESH FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
VEGETABLE STIR FRY ♥
TURKEY MELT
ORIENTAL VEGETABLES ♥
EGG NOODLES

JELLO PARFAIT
FRESH FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
BEEF POT PIE
STUFFED CHICKEN & BROCCOLI
STEAM SPINACH ♥
ROASTED POTATOES ♥

ANGEL CAKE W/BLEUBERRIES
FRESH FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
GRILLED RUEBEN
ASSORTED PIZZA
TOMATO SALAD ♥
TATER TOTS

ASSORTED DESSERTS
FRESH FRUIT ★
YOGURT

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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

Breakfast

EGGS ANY STYLE
EGG BEATERS
FRESH FRUIT ♥
SAUSAGE
ASSORTED DANISH
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 PANCAKES ♥
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 ♥
POLLOCK ROCAFELLER
POT ROAST
MASHED POTATOES
BRUSSEL SPROUTS ♥

APPLE PIE

Lunch

GARDEN SALAD ♥
NEW YORK SIRLOIN
MARINATED GRILLED CHICKEN ♥
BAKED POTATOES
OVEN ROASTED VEGGIES ♥

MARBLE CAKE

Lunch

GARDEN SALAD ♥
SHEPARD'S PIE
GRILLED SALMON ♥
SWEET POTATO ♥
GREEN BEANS ♥

LEMON MERINGUE

Lunch

GARDEN SALAD ♥
FRIED PORK CHOPS
OVEN ROASTED CHICKEN ♥
WILD RICE
MIXED GREENS W/CABBAGE ♥

SWEET POTATO PIE

Lunch

GARDEN SALAD ♥
EGGPLANT PARMESAN
LONDON BROIL
STUFFED BAKED POTATO
CAULIFLOWER W/TOMATO ♥

TIRA MISU

Lunch

GARDEN SALAD ♥
FISH OF THE DAY ♥
BABY BACK RIBS
MACARONI SALAD
COLE SLAW

PEACH PIE

Lunch

GARDEN SALAD ♥
LOUISIANA SHRIMP
GRILLED CHICKEN ♥
GRITS
COLLARD GREENS ♥

BANANA FOSTER

Dinner

SOUP OF THE DAY
RED CLAM SAUCE

CHICKEN FINGERS
LINGUINE
BROCCOLI ♥

SF ANGEL FOOD CAKE ★
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
VEGGIE BURGERS

PORK STIR FRY
ORIENTAL VEGETABLES ♥
STEAMED WHITE RICE

COOKIES
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
BAKED ZITI

GRILLED HOT DOGS
FRENCH FRIES
STEAMED BROCCOLI ♥

CHOCOLATE PUDDING
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
TUNA SALAD PLATE

CHICKEN POT PIE
CAULIFLOWER & BROCCOLI ♥

BROWNIES
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
STUFFED CABBAGE

CHICKEN A LA KING
RICE
MIXED VEGETABLES ♥

PEACHES & CREAM
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
FISHERMAN STEW

HOT ROAST BEEF SANDWICH
FRENCH FRIES
ORIENTAL BLEND ♥

STRAWBERRY APPLESAUCE
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
PASTA PRIMAVERA
BEEF STEW
CORN BREAD
ITALIAN BLEND ♥

COFFEE CAKE
FRUIT ★
YOGURT

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Sunday 9/27

Monday 9/28

Tuesday 9/29

Wednesday 9/30

Thursday

Friday

Saturday

Breakfast

EGGS ANY STYLE
EGG BEATERS
FRESH FRUIT ♥
SAUSAGE
DANISH
HOT CEREAL
COLD CEREAL SELECTION

Breakfast

EGGS ANY STYLE
EGG BEATERS
FRESH FRUIT ♥
BACON
BLUEBERRY MUFFIN
HOT CEREAL
HOME FRIES

Breakfast

EGGS ANY STYLE
EGG BEATERS
FRESH FRUIT ♥
HAM
WHOLE WHEAT PANCAKES ♥
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

Breakfast

Breakfast

Lunch

GARDEN SALAD ♥
OVEN ROAST TURKEY
SEAFOOD NEWBURG
MASHED POTATOES
STEAMED SPINACH ♥

MARBLE CHIP CAKE

Lunch

GARDEN SALAD ♥
POT ROAST
COUNTRY FRIED CHICKEN
BAKED POTATOES ♥
OVEN ROASTED VEGGIES ♥

GRAPE-NUT PUDDING

Lunch

GARDEN SALAD ♥
FISH OF THE DAY ♥
PAPRIKA CHICKEN ♥
SPANISH RICE
GREEN BEANS ♥

SWEET POTATO PIE

Lunch

GARDEN SALAD ♥
SHRIMP W/BROCCOLI
BEEF W/PEPPERS & ONION
CHINESE VEGETABLES ♥
VEGETABLE FRIED RICE

MACAROONS

Lunch

Lunch

Lunch

Dinner

SOUP OF THE DAY
OPEN FACED TUNA MELT
PASTA CARBONARA
LINGUINE
BROCCOLI ♥

CHEFS CHOICE
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
VEGGIE BURGERS
PORK STIR FRY
ORIENTAL VEGETABLES ♥
STEAMED WHITE RICE

COOKIES
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
BAKED ZITI
GRILLED HOT DOGS
FRENCH FRIES
STEAMED BROCCOLI ♥

CHOCOLATE PUDDING
FRUIT ★
YOGURT

Dinner

SOUP OF THE DAY
SEAFOOD CAKES
CHICKEN POT PIE
CAULIFLOWER & BROCCOLI ♥

BROWNIES
FRUIT ★
YOGURT

Dinner

Dinner

Dinner

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