

Landmark At Ocean View

♥ = 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

<p><i>Breakfast</i> OMELETTE HOME FRIED POTATOES A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> FRENCH TOAST SAUSAGE LINK A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> POACHED (DROPPED) EGGS CORNED BEEF HASH A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> BELGIAN WAFFLE BACON A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> BREAKFAST SANDWICH HAM A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> PANCAKES SAUSAGE A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> EGGS BENEDICT HAM A LA CARTE BREAKFAST MENU</p>
<p><i>Lunch</i> BROCCOLI & CHEESE SOUP</p> <p>ROAST BEEF BAKED POTATO BROCCOLI</p> <p>TILAPIA BROILED W/TOMATO ♥ CAPER SALSA BAKED POTATO ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU</p> <p>PUMPKIN PIE</p>	<p><i>Lunch</i> ROOT VEGETABLE SOUP</p> <p>FISH N CHIPS COLE SLAW</p> <p>PORK DIANE ♥ BUTTERED ORZO CAULIFLOWER & RED PEPPERS ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU</p> <p>FRESH BAKED COOKIES</p>	<p><i>Lunch</i> CHICKEN NOODLE SOUP</p> <p>CHICKEN CORDON BLEU MASHED SWEET POTATOES GREEN & WAX BEANS</p> <p>BEEF FLANK W/MUSHROOM SAUCE ♥ MASHED SWEET POTATOES GREEN & WAX BEANS ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU</p> <p>BROWNIES</p>	<p><i>Lunch</i> BEEF BARLEY SOUP</p> <p>STIR FRIED BEEF WHITE RICE ORIENTAL VEGETABLES</p> <p>PORK CHOP W/PINEAPPLE GLAZE ♥ WHITE RICE ORIENTAL VEGETABLES ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU</p> <p>BLUEBERRY BUCKLE</p>	<p><i>Lunch</i> TUSCAN TOMATO SOUP</p> <p>CHICKEN CACCITORE BUTTERED NOODLES ZUCCHINI & YELLOW SQUASH</p> <p>MEATLOAF ♥ MASHED POTATOES W/GRAVY ZUCCHINI & YELLOW SQUASH ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU</p> <p>SUGAR FREE CHOCOLATE PUDING★</p>	<p><i>Lunch</i> TURKEY AND RICE SOUP</p> <p>POACHED SALMON PARMESAN RISOTTO CARROTS</p> <p>TURKEY SCALOPPINI ♥ CARROTS ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU</p> <p>BANANA CREAM PIE</p>	<p><i>Lunch</i> SEAFOOD CHOWDER</p> <p>VEAL PARMESAN ANGEL HAIR PASTA ITALIAN GREEN BEANS</p> <p>CHICKEN MARSALA ♥ ANGEL HAIR PASTA ITALIAN GREEN BEANS ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU</p> <p>BLUEBERRY PIE</p>
<p><i>Dinner</i> ROOT VEGETABLE SOUP</p> <p>KIELBASA W/APPLES & ONIONS O'BRIEN POTATOES</p> <p>PATTY MELT O'BRIEN POTATOES</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>BREAD PUDDING ASSORTED ICE CREAM</p>	<p><i>Dinner</i> CHICKEN NOODLE SOUP</p> <p>PIZZA CAESAR SALAD</p> <p>SOUTHWEST BEEF WRAP POTATO CHIPS</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>SPECIAL ICE CREAM ASSORTED ICE CREAM</p>	<p><i>Dinner</i> BEEF BARLEY SOUP</p> <p>PANCAKES W/FRUIT TOPPING HAM OR SAUSAGE</p> <p>SPINACH PIE GARDEN SALAD</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>FRUITED JELLO ASSORTED ICE CREAM</p>	<p><i>Dinner</i> TUSCAN TOMATO SOUP</p> <p>MARINATED TURKEY TIPS MASHED POTATOES BABY SPINACH</p> <p>CHEESE RAVIOLI GARLIC BREAD BABY SPINACH</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>CHOCOLATE CAKE & ICE CREAM</p>	<p><i>Dinner</i> TURKEY & RICE SOUP</p> <p>QUICHE-BROCCOLI & CHEESE SCALLOPED POTATOES</p> <p>SEAFOOD SALAD PLATE POTATO CHIPS</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>BERRY COBBLER ASSORTED ICE CREAM</p>	<p><i>Dinner</i> SEAFOOD CHOWDER</p> <p>OPEN FACED SLOPPY JOES FRENCH FRIED POTATOES COLE SLAW</p> <p>STUFFED SHELLS GARLIC BREAD GREEN BEANS ♥</p> <p>BAKED CHICKEN OR FISH ALWAYS AVAILABLE MENU</p> <p>OATMEAL RAISIN COOKIES</p>	<p><i>Dinner</i> MINISTRONE SOUP</p> <p>HOT DOG BROWN BREAD BAKED BEANS</p> <p>TURKEY STEW W/BISCUIT DINNER ROLL</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>ASSORTED DESSERTS ASSORTED ICE CREAM</p>

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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

<p><i>Breakfast</i> OMELETTE HOME FRIED POTATOES A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> FRENCH TOAST SAUSAGE LINK A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> POACHED (DROPPED) EGGS CORNED BEEF HASH A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> BELGIAN WAFFLE BACON A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> BREAKFAST SANDWICH HAM A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> PANCAKES SAUSAGE A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> EGGS BENEDICT HAM A LA CARTE BREAKFAST MENU</p>
<p><i>Lunch</i> MINISTRONE SOUP BEEF BURGUNDY EGG NOODLES FRESH CARROT COINS TURKEY CUTLET W/BASIL SAUCE ♥ EGG NOODLES FRESH CARROT COINS ALWAYS AVAILABLE MENU LEMON CAKE</p>	<p><i>Lunch</i> SPLIT PEA SOUP HAM STEAK W/RAISIN SAUCE CREAMY MASHED POTATOES BRUSSEL SPROUTS HONEY DIJON FISH FILET ♥ CREAMY MASHED POTATOES BRUSSEL SPROUTS ASSORTED ROLLS ALWAYS AVAILABLE MENU SPECIAL ICE CREAM</p>	<p><i>Lunch</i> CREAM OF MUSHROOM SOUP TURKEY POT PIE SAUTEED SPINACH STIR FRY BEEF W/HONEY GLAZE ♥ OVEN ROASTED POTATOES SAUTEED SPINACH ASSORTED ROLLS ALWAYS AVAILABLE MENU APPLE CAKE</p>	<p><i>Lunch</i> CHICKEN NOODLE SOUP PORK LOIN W/APPLE STUFFING AU GRATIN POTATOES MIXED VEGETABLES TURKEY BREAST W/SAUCE ♥ AU GRATIN POTATOES SPRING VEGGIE MEDLEY ASSORTED ROLLS ALWAYS AVAILABLE MENU WARM BREAD PUDDING</p>	<p><i>Lunch</i> TOMATO SOUP GRILLED SOY BEEF TIPS SEASONED WHITE RICE ORIENTAL VEGETABLES LEMON BBQ CHICKEN ♥ SEASONED WHITE RICE ORIENTAL VEGETABLES ASSORTED ROLLS ALWAYS AVAILABLE MENU CINNAMON APPLE CAKE</p>	<p><i>Lunch</i> SAUSAGE & PEPPER POTATO SOUP DILL SALMON W/CHIVE CREAM MASHED POTATOES GREEN & WAX BEANS TURKEY STEW ♥ MASHED POTATOES GREEN & WAY BEANS ASSORTED ROLLS ALWAYS AVAILABLE MENU PEACHES & CREAM</p>	<p><i>Lunch</i> FISH CHOWDER BRAISED LEG OF LAMB ROASTED RED POTATOES BUTTERNUT SQUASH VEAL PICATTA ♥ ROASTED RED POTATOES BUTTERNUT SQUASH ASSORTED ROLLS ALWAYS AVAILABLE MENU SUGAR FREE BROWNIES ★</p>
<p><i>Dinner</i> SPLIT PEA SOUP PHILLY STEAK & CHEESE FRENCH FRIED POTATOES SPRING VEGGIE MEDLEY GRILLED TURKEY AND SWISS FRENCH FRIED POTATOES BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU FRESH FRUIT W/SHERBET ★ ICE CREAM</p>	<p><i>Dinner</i> CHICKEN NOODLE SOUP TUNA SALAD SANDWICH POTATO SALAD GARDEN SALAD REUBEN SANDWICH POTATO SALAD GARDEN SALAD BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU FUDGE BROWNIE ICE CREAM</p>	<p><i>Dinner</i> CHICKEN NOODLE SOUP TUNA SALAD SANDWICH POTATO SALAD GARDEN SALAD REUBEN SANDWICH POTATO SALAD GARDEN SALAD BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU FUDGE BROWNIE ICE CREAM</p>	<p><i>Dinner</i> TOMATO SOUP MONTE CRISTO SANDWICH BROCCOLI BAKED RANCH CHICKEN ROAST FINGERLING POTATOES BROCCOLI BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU YOGURT WITH FRUIT ASSORTED ICE CREAM</p>	<p><i>Dinner</i> SAUSAGE & PEPPER POTATO SOUP VEGETABLE FRITTATA VEGETABLE MEDLEY HOMEMADE PIZZA VEGETABLE MEDLEY BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU PUMPKIN PIE ASSORTED ICE CREAM</p>	<p><i>Dinner</i> FISH CHOWDER SEAFOOD SALAD SANDWICH POTATO CHIPS BEET & ONIONS SALAD BBQ SAUSAGE SUB SWEET POTATO FRIES BEET & ONION SALAD BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU YELLOW CAKE & ICE CREAM</p>	<p><i>Dinner</i> HEARTY VEGGIE SOUP ROAST PORK RIBS W/SAUCE PARSLEY MASHED POTATO BROCCOLI AU GRATIN CHICKEN PARMESAN PARSLEY MASHED POTATO BROCCOLI AU GRATIN BAKED CHICKEN OR FISH ♥ ASSORTED DESSERTS</p>

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Sunday 9/27

Monday 9/28

Tuesday 9/29

Wednesday 9/30

Thursday 10/1

Friday 10/2

Saturday 10/3

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
OMELETTE HOME FRIED POTATOES A LA CARTE BREAKFAST MENU	FRENCH TOAST SAUSAGE LINK A LA CARTE BREAKFAST MENU	POACHED (DROPPED) EGGS CORNED BEEF HASH A LA CARTE BREAKFAST MENU	BELGIAN WAFFLE BACON A LA CARTE BREAKFAST MENU	BREAKFAST SANDWICH HAM A LA CARTE BREAKFAST MENU	PANCAKES SAUSAGE A LA CARTE BREAKFAST MENU	EGGS BENEDICT HAM A LA CARTE BREAKFAST MENU
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
HEARTY VEGETABLE SOUP TURKEY DINNER MASHED POTATOES W/GRAVY BUTTERNUT SQUASH BEEF FLANK W/SOY GLAZE ♥ MASHED POTATOES W/GRAVY BUTTERNUT SQUASH ASSORTED ROLLS ALWAYS AVAILABLE MENU DUTCH APPLE PIE	TOMATO BARLEY SOUP BEEF STROGANOFF EGG NOODLES GARLIC & TOMATO KALE CRUNCHY CORNFLAKE FISH ♥ EGG NOODLES GARLIC & TOMATO KALE ASSORTED ROLLS ALWAYS AVAILABLE MENU SUGAR FREE GINGERBREAD ★	ITALIAN WEDDING SOUP SHRIMP SCAMPI ANGEL HAIR PASTA ASPARAGUS CHICKEN MARSALA ♥ ANGEL HAIR PASTA ASPARAGUS ASSORTED ROLLS ALWAYS AVAILABLE MENU COCONUT CREAM PIE	BEEF NOODLE SOUP GRILLED PORK CHOP W/GRAVY SWEET POTATOES ROASTED BRUSSEL SPROUTS TURKEY BREAST W/SAUCE ♥ SWEET POTATOES ROASTED BRUSSEL SPROUTS ASSORTED ROLLS ALWAYS AVAILABLE MENU BROWNIE A LA MODE	TURKEY BEAN SOUP FRIED CHICKEN YUKON GOLD POTATOES GREEN BEANS LEMON GINGER BEEF ♥ YUKON GOLD POTATOES GREEN BEANS ASSORTED ROLLS ALWAYS AVAILABLE MENU FRUIT OF THE FOREST PIE ★	LENTIL SOUP SHEPHERDS PIE SAUTEED SPINACH & RED ONIONS SALMON W/MAPLE GLAZE ♥ CONFETTI RICE SAUTEED SPINACH & RED ONIONS ASSORTED ROLLS ALWAYS AVAILABLE MENU OATMEAL COOKIE	CLAM CHOWDER AMERICAN CHOP SUEY GARLIC BREAD GARDEN SALAD PORK TENDERLOIN ♥ MASHED POTATOES W/GRAVY GARDEN SALAD ASSORTED ROLLS ALWAYS AVAILABLE MENU ICE CREAM
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
TOMATO BARLEY SOUP MEAT & CHEESE LASAGNA GARLIC BREAD ROASTED CAULIFLOWER GRILLED HAM & CHEESE POTATO CHIPS COLE SLAW BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU SPICED PEACHES ICE CREAM	ITALIAN WEDDING SOUP CHICKEN SALAD SANDWICH TATER TOTS CARROT & RAISIN SALAD MANICOTTI GARLIC BREAD SPRING VEGGIE MEDLEY BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU GELATIN W/ WHIPPED CREAM ICE CREAM	BEEF NOODLE SOUP PANCAKES W/FRUIT TOPPING HAM OR SAUSAGE VEGETABLE QUESADILLA RICE & BEANS BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU FRESH PINEAPPLE ASSORTED ICE CREAM	TURKEY BEAN SOUP PHILLY STEAK & CHEESE GERMAN POTATO SALAD CAESAR SALAD CHICKEN CUTLET GERMAN POTATO SALAD CAESAR SALAD BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU CHOCOLATE CAKE & ICE CREAM	LENTIL SOUP SPAGHETTI W/ITALIAN SAUSAGE GARLIC BREAD BROCCOLI FISH FILET SANDWICH FRENCH FRIED POTATOES BROCCOLI BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU SUGAR FREE VANILLA PUDDING ICE CREAM	CLAM CHOWDER BEEF TIPS DIJONNAISE MASHED POTATOES ROASTED ASPARAGUS BAKED COD MASHED POTATOES ROASTED ASPARAGUS BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU LEMON COOKIE & ICE CREAM	MINESTRONE SOUP HOT DOG W/BROWN BREAD BAKED BEANS TUNA MELT FRENCH FRIED POTATOES BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU ASSORTED DESSERT ASSORTED ICE CREAM

Per the Executive Office Of Elder Affairs

Landmark Senior Living has temporarily switched to individualized dining:

- Staff will take orders at breakfast, lunch, and dinner.
- The chosen meal will be delivered to each individuals room.
- Individuals are to enjoy their meal in their apartment.