

SAMPLE DINING MENU

ROCKLAND PLACE

 A WATERMARK COMMUNITY

Our chefs are constantly introducing new menus for our residents to enjoy. Below is a sampling of menu items our residents enjoy daily.

Heart Healthy Options


This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

BREAKFAST

Pancakes

Fluffy Pancakes served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt, Whole Grain Toast and Bacon


Belgian Waffles

Homemade Belgian Waffles served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt, Whole Grain Toast, Bacon and Sausage


French Toast

Homemade French Toast served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt, Whole Grain Toast and Sausage Patty

Biscuits and Country Gravy

Homemade Buttermilk Biscuits covered in a White Sausage Gravy served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt and Whole Grain Toast

Breakfast Potatoes

Sautéed Potatoes, Green Bell Pepper and Onion served with Egg Beaters  or Eggs Your Way, Fresh Fruit, Yogurt, Whole Grain Toast and Chef's Choice Meat

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SOUP

Beef Barley

Beef Vegetable

Chicken Dumpling

Chicken Noodle

 Chicken Orzo

Crab Corn Chowder

Cream of Mushroom

Italian Wedding

Manhattan Clam Chowder

Pasta Fagioli

Potato

 Roasted Vegetable & Wild Rice

Seafood Chowder

 Split Pea

Summer Minestrone

Tomato Florentine

Tortellini

 Vegetable Chowder

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ACCOMPANIMENTS

-  Baked Asparagus
-  Brown Rice Pilaf
-  Brussels Sprouts
-  Buttered Broccoli
- Coleslaw with Apples
- Confetti Corn
-  Cottage Cheese & Fruit
- Creamy Macaroni & Cheese
-  Garden Salad
- Glazed Carrots
-  Harvard Style Beets
- Mashed Sweet Potatoes
-  Mushroom Orzo
- Onion Rings
- Pasta Salad
-  Peas & Pearl Onions
- Roasted Red Potato Salad
- Tater Tots
- Three Bean Salad
-  Tomato & Cucumber Salad
-  Vegetable Medley
-  Sautéed Spinach
-  Sautéed Summer Squash

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FEATURED ENTRÉES



Beef Stroganoff

Strips of Chuck Roast simmered with Green Onions and a creamy Mushroom Sauce served over Egg Noodles

Meatloaf with Gravy

Fresh Ground Beef seasoned and slow cooked served with Brown Gravy

Stuffed Pepper

Green Bell Pepper filled with spiced Ground Beef, Rice, Tomatoes and Garlic topped with Cheddar Cheese then baked

Kielbasa

Kielbasa cooked with Onions, Red and Yellow Peppers



Pork Roast Marsala

Tender, herbed, center-cut single Pork Loin cooked to perfection covered with a sweet Marsala and Mushroom Sauce



Lemon Rosemary Chicken

Breast of Chicken seasoned with Garlic, Rosemary, Extra-Virgin Olive Oil and Lemon Zest and baked until golden brown

Chicken Cordon Blue

Tender Breast of Chicken stuffed with Ham and Swiss Cheese then breaded with Parmesan Bread Crumbs and pan fried to a golden brown

Crab Stuffed Tilapia

Filet of Tilapia stuffed with a mixture of Crab Meat, Onion, Celery, Butter, Parsley, Bread Crumbs, Lemon Juice and Cayenne Pepper then pan fried to perfection

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FEATURED ENTRÉES *(CONTINUED)*



Grilled Dill Flounder

Filet of Flounder lightly seasoned with Lemon and Dill then grilled on a smoldering cedar plank

Fish and Chips

Seasoned and battered Atlantic Cod fried to perfection served with homemade Tartar Sauce and French Fries

Chicken Pasta Alfredo

Chef's choice Pasta tossed in made from scratch Alfredo Sauce and topped with tender pieces of Chicken and sprinkled with Parmesan Cheese

Pasta Bolognese

A hearty Meat Sauce from a combination of Ground Beef, Pork, Veal and Marinara Sauce served over Spaghetti

Eggplant Parmesan

Two thick slices of Eggplant breaded then baked in a rich Marinara Sauce and covered in a blanket of Mozzarella Cheese served over Spaghetti

Egg Salad Sandwich

Classic Egg Salad Sandwich, with chopped Hard Boiled Eggs, Green Onion, Celery, Mayonnaise, Mustard and a dash of Curry Powder served on toasted Sourdough Bread

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DESSERTS

Cakes

Angel Food Cake, Banana Cake, Chocolate Cake, Frosted Marble Cake, Lemon Layer Cake, Peanut Butter Cake, Pineapple Upside Down Cake

Pies

Blueberry, Chocolate Cream, Chocolate Peanut Butter, Coconut Custard, Lemon Crunch, Lemon Meringue, Pecan, Pumpkin

Ice Cream

Ice Cream (Assorted Flavors), Ice Cream Novelties, Ice Cream Sundae, Sherbet (Assorted Flavors)

Other Sweet Treats

Apple Bread Pudding, Apple Cranberry Crisp, Apple Strudel, Bananas Foster, Bread Pudding, Brownie, Cannoli, Double Fudge Cupcake, Frosted Cupcake, Fruit Cobbler, Fruit Tart, Peach Blueberry Crumble, Pudding Tart, Strawberry Trifle, Strawberry Shortcake, Turtle Mousse, Tapioca Pudding

Sugar Free Options

Angel Food Cake, Bananas Foster, Chocolate Cream Pie, Ice Cream (Assorted Flavors), Jell-O with Fruit, Lemon Meringue Pie, Mixed Berry Pie, Peach Blueberry Crumble, Peanut Butter Cake, Pudding