

DAIRY	SUN	MON	TUE	WED	THU	FRI	SAT
Breakfast	Challah French Toast Boiled Egg Hot Cereal	Scramble Eggs w/ Vegan Sausage , Croissants	Blueberry Pancakes Boiled Eggs	Scramble Eggs/ Breakfast Potatoes, Croissants	Fried Eggs w/ Vegetable Sausage & Cheese English Muffin	Old Fashion Pancakes Boiled Eggs	Bagel and Lox w/ Lettuce, Tomatoes, Onions
Cold & Hot Cereal Always Available *	Oatmeal Cream of Wheat Cold Cereal	Hot Cereal Oatmeal Cream of Wheat	Hot Cereal Oatmeal Cream of Wheat	Hot Cereal Oatmeal Cream of Wheat	Hot Cereal Oatmeal Cream of Wheat	Hot Cereal Oatmeal Cream of Wheat	Hot Cereal Oatmeal Cream of Wheat
Fresh Whole fruit orange & Apple *	Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes
Fresh Mixed Fruits							

LUNCH	(MEAT) SUN	( DAIRY) MON	(DAIRY ) TUE	( MEAT) WED	(DAIRY) THU	( MEAT) FRI	( MEAT) SAT
Soup *	White Bean Soup *	Cream of Mushroom Soup *	Black Bean Soup *	Apple Fennel Soup *	Cream of Cauliflower Soup *	Summer Squash Pumpkin Seed *	Turkey Noodle Soup *
Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tosses Salad	Tosses Salad	Tossed Salad	Tossed Salad
Entrées *	Beef Knockwurst *	Baked Beef Ziti *	Garlic Herb Baked Chicken *	Spinach Frittata Parmesan *	Vegetable Lasagna *	Barbecue Chicken Wrap *	Turkey BLT Meat Sauce
Sides	Breaded Chicken Breast * Blanched Fresh Spinach Blanched Broccoli Garlic Mashed Potatoes	Baked Tilapia * Swiss Chard Steamed Baby Carrots Moroccan Couscous	Provencal Fish * Steamed Kale Mashed Potatoes	Cheese Blintz with Cherry Topping * Steamed Yellow Squash Potato Latkes	Sautéed Flounder Fillet * Green Beans Buttered Bowtie	Crab and Fish Cakes Broccoli, Carrots and Cauliflower * Sweet Potato Hash Sautéed Spinach	Carrots, Squash ,Broccoli & Mushroom Bowtie Pasta
Dessert	Apple Strudel	Lemon Pound Cake	Chocolate Cake	Vanilla Ice Cream Sandwich	New York Cheesecake	Cake Ice Cream Cone	Kosher Chocolate Chip Cookie

DINNER	( MEAT) SUN	( MEAT) MON	( MEAT) TUE	(MEAT) WED	( DAIRY) THU	(MEAT) FRI	( MEAT) SAT
Soup *	Spring Vegetable *	Lentil *	Mushroom Barley *	Multigwaney *	Potato Chowder *	Chicken Matzo Ball *	Split Soup *
Salad	Tossed Salad	Mixed Greens w/ Cucumber, Radishes, Tomatoes	Green Leaf w/ Avocado, Tomatoes, Cucumber	Mixed Green w/ Cilantro, Roasted Corn, Diced Tomatoes, Green Peppers, Black Beans	Romaine Lettuce w/ Croutons, Parmesan Cheese	Chopped Chicken Liver Or Salad Mix	Salad Mix w/ Carrots, Cucumber, Tomatoes
Entrées *	Garlic Butter Chicken with Spinach *	Beef Knish *	Beef and Broccoli * Orange Chicken *	Lamb Stew *	Seafood Newburg *	Baked Salmon *	Baked Salmon *
Sides	Baked Tiliapia With Tomato * Egg Noodles Broccoli	Rainbow Trout * Quinoa Pilaf Leeks and carrots	White rice * Egg Roll Stir fry Baby Corn	Braised Turkey * Turmeric Raisin Rice Pilaf Sautéed Green cabbage	Cheese Ravioli * Gratin Potato Parmesan Tomato	Roasted Cornish Hen * Spinach Noodle Kugel Spaghetti Squash	Baked Cornish Hen Basmati rice Corn w Peppers and Tomato
Dessert	Yellow Cake with Almond Cream	Strawberry Kiwi Salad	Banana Cream Pie	Blueberry Buckle	Cheese Cake	Pound Cake Strawberry Icing	Chocolate Roll



# weekly menu

July 11 - July 17

## Always Available Options:

- \*Vegetable Burger
- \*Beyond Burger
- \*Tuna Salad
- \*Egg Salad
- \*Chicken Salad
- \*Baked Potato
- \*Baked Sweet Potato
- \*Applesauce

## Thursday Only

- Spinach Omelet
- Cheese Omelet
- Grilled Cheese with Tomatoes
- On Rye Or White Bread

## Sunday—Wednesday and Friday

- Hot Dog w/ Sauerkraut
- Hamburger

## Breakfast Beverage

Hot Chocolate, Coffee, Decaf Coffee, Decaf Tea, Green Tea, Regular Lipton Tea

Orange Juice, Apple Juice, Prune Juice or Cranberry Juice

Milk: Whole Milk, Fat Free, 2%, Lactaid

**Pickup Location**-Landow Dining Room

## Meal Delivery Times:

Breakfast: 8:15am-9:30am

Lunch: 12:15pm-1:30pm

Dinner: 5:00pm-6:30pm

## Special Orders Order Hours

One Hour Before Lunch or Dinner Services