

DAIRY                      SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT

Breakfast Cold & Hot Cereal Always Available  (Please select one) Fresh Whole fruit orange & Apple * Fresh Mixed Fruit	Challah French Toast Boiled Eggs Hot Cereal Oatmeal Cream of Wheat Cold Cereal Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Scramble Eggs w/ Breakfast Potatoes Hot Cereal Oatmeal Cream of Wheat Cold Cereal Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Blueberry Pancakes Boiled Eggs Assorted Danish Hot Cereal Oatmeal Cream of Wheat Cold Cereal Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Scramble Eggs w/ Cheese, Croissants Hot Cereal Oatmeal Cream of Wheat Cold Cereal Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Fried Eggs English Muffin Assorted Muffins Hot Cereal Oatmeal Cream of Wheat Cold Cereal Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Scramble Eggs with Cheese Croissants Hot Cereal Oatmeal Cream of Wheat Cold Cereal Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes	Bagel and Lox w/ Lettuce, Tomatoes, Onions  Hot Cereal Oatmeal Cream of Wheat Cold Cereal Raisin Bran, Honey Nut Cheerios, Cheerios, Special, Corn flakes
--	--	---	---	---	---	--	---

LUNCH                      (MEAT) SUN                      ( DAIRY) MON                      ( DAIRY) TUE                      ( MEAT) WED                      (MEAT) THU                      ( MEAT) FRI                      ( MEAT) SAT

Soup * Salad	Vegetable Beef Soup *	Acorn Squash *	Tomato Soup *	Non- Dairy Cream of Red Pepper *	Vegetarian Farro Chickpea *	Vegetable Gumbo *	Turkey Noodle Soup *
	Tossed Salad	Tossed Salad	Chef Salad	Tossed Salad	Cucumber Tomato salad	Tossed Salad	Chef Salad

Entrées	BBQ Chicken Mashed Sweet Potatoes Green Beans Turkey Club Sandwich Green Beans Mashed Sweet Potatoes	Lemon Pepper Sole Summer Succotash Farro Pilaf Cheese Ravioli w/ Marinara Summer Succotash Farro Pilaf	Seafood Au Gratin Grilled Zucchini Linguine Falafel Pita Grilled Zucchini	Cajun Chicken Rice Pilaf Sautéed Mustard Greens Smoked Salmon BLT Home Fries Sautéed Mustard Green	Portobello Open Face Sandwich Potato Salad Green Beans Linguine w/ Tomatoes and Garlic Sauce Green Beans	Grilled Chicken Oven Fried Potatoes Blanched fresh Spinach Hot Turkey Pastrami w/ Rye Bread Blanched Fresh Spinach Oven Fries Potatoes	Barbecue Beef Sandwich Petite Carrots Chicken Philly Cheese Steak Green Beans and Potatoes
---------	---	---	---	--	--	--	---

Dessert	Ice Cream	Mixed Berries	Strawberry Ice Cream	Brownies with Nuts	Sugar Cookies	Watermelon	Assorted Cookies
---------	-----------	---------------	----------------------	--------------------	---------------	------------	------------------

DINNER                      ( MEAT) SUN                      ( MEAT) MON                      ( MEAT) TUE                      (MEAT) WED                      ( DAIRY) THU                      (MEAT) FRI                      ( MEAT) SAT

Soup * Salad	Chicken Noodle Soup Mixed Greens w/ Red Onion , Yellow Peppers Radish, Tomatoes	Vegetable Soup Apple , Pistachio Waldorf Salad	Lentil Cucumbers w/ Fennel, Dill	Greek Lemon Tomatoes w/ Fennel, Dill	Classic Tomato Romaine Lettuce, Croutons , Feta Cheese, Tomatoes	Chicken Matzo Ball Chopped Beef Liver	Chicken Lemongrass Salad Mix w/ Carrots, Cucumbers, Tomatoes
--------------------	--	--	-------------------------------------	---	--	--	--

Entrées	Curry Chicken with Bread Turkey Meatball Red Sauce White Rice/ Spaghetti Broccoli	Apricot herb Stuffed Leg of Lamb Roasted chicken Potato Stack Green Bean	Roasted Beef Lemon Butter Salmon Mashed potato Garlic Roasted Baby Squash	Cornish Hen Meatloaf with Gravy Sweet Potato Mash Mixed Vegetables	Stuffed Peppers Baked Flounder with Artichoke Couscous with Spinach Roasted Rainbow Cauliflower	Baked Salmon Braised Brisket Potato Kugel Sweet Potato Carrot Tzimmes	Pastrami Sandwich On Rye Chicken Cacciatore Brown Rice Raisin Pilaf/Potato Chips Golden Beets
---------	---	--	---	---	--	--	---

Dessert	7 Layer Cake	Apple Pie	Marmalade Pound Cake	Honey Cake with Pistachio	Tiramisu	Chocolate Lava Cake	Rugalach
---------	--------------	-----------	----------------------	---------------------------	----------	---------------------	----------



# always available pick up menu

## Pickup Location

Landow Dining Room

## Meal Delivery Times:

Breakfast: 8:30am-9:45am

Lunch: 12:30pm-1:30pm

Dinner: 5:00pm-6:30pm

Food and Nutrition Department

**Phone Number: 301-816-5068**

For menu adjustments or special request please contact the Food and Nutrition Department between 7:00am-9:00am for breakfast and 2:00 pm to 4:00 pm for dinner.

## Print Name:

---

## Signature:

---

## Apartment #:

---

## Entrees (Circle One Option)

Vegetable Burger

Beyond Burger

Tuna Salad

Egg Salad

Baked Potato

Baked Sweet Potato

Apple Sauce

## Meat Only (Circle One Option)

Chicken Salad

Hot Dog with Sauerkraut

Hamburger

## Omelets Available for Breakfast &

## Thursday Only (Circle One Option)

Spinach Omelet

Cheese Omelet

Grilled Cheese with Tomatoes on Rye or

White Bread

## Breakfast Beverages (Circle Up 2 Options)

Hot Chocolate, Coffee, Decaf Coffee, Decaf Tea, Green Tea, Regular Lipton Tea, Orange Juice, Apple Juice, Prune Juice, Cranberry Juice

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

## Breakfast Sides (Circle Two Options)

Cottage Cheese, Yogurt, Sliced Orange, Sliced Apple, Fresh Cut Fruit

## Lunch Beverages (Circle One Option)

Coffee, Decaf Coffee, Decaf Tea, Green Tea, Regular Lipton Tea, Orange Juice, Apple Juice, Prune Juice, Cranberry Juice, Ginger Ale, Sprite, Coke, Diet Coke, Water, Lemonade, Ice Tea

Milk On Dairy DAYS:

Whole Milk, Fat Free, 2%, Lactaid

## Dinner Beverages (Circle One Option)

Coffee, Decaf Coffee, Decaf Tea, Green Tea, Regular Lipton Tea, Orange Juice, Apple Juice, Prune Juice, Cranberry Juice, Ginger Ale, Sprite, Coke, Diet Coke, Water, Lemonade, Ice Tea

Milk On Dairy DAYS:

Whole Milk, Fat Free, 2%, Lactaid

## SPECIAL INSTRUCTIONS

---

---