

M E N U

Landow, Cohen Rosen House & Connections
Breakfast Menu
January 10 to January 16

S **French Toast W/
Scrambled Eggs**
Oatmeal
Cold Cereal: **Honey Nut Cheerios, Cheerios,
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes**
Yogurt
Applesauce or Prunes
Fresh Fruit
Banana
Bread: Wheat/ Rye/ Raisin/ White/ Bagel
English Muffin

2% Milk, Lactaid Milk Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

M **Fried Eggs**
Breakfast Potatoes with Peppers and Onions
Banana Muffin
Oatmeal
Cold Cereal: **Honey Nut Cheerios, Cheerios,
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes**
Yogurt
Applesauce or Prunes
Fresh Fruit
Banana
Bread: Wheat/ Rye/ Raisin/ White/ Bagel English
Muffin

2% Milk, Lactaid Milk Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

T **Banana Pancakes with Syrup W/
Scrambled Eggs**
Oatmeal
Cold Cereal: **Honey Nut Cheerios, Cheerios,
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes**
Yogurt
Applesauce or Prunes
Fresh Fruit
Banana
Bread: Wheat/ Rye/ Raisin/ White/ Bagel English
Muffin

2% Milk, Lactaid Milk Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

W **Scrambled Eggs**
Vegetarian Sausage
Cinnamon Roll
Oatmeal
Cold Cereal: **Honey Nut Cheerios, Cheerios,
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes**
Yogurt
Applesauce or Prunes
Fresh Fruit
Banana
Bread: Wheat/ Rye/ Raisin/ White/ Bagel
English Muffin

2% Milk, Lactaid Milk Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

TH **Blueberry Pancakes with Syrup W/
Boiled Egg**
Oatmeal
Cold Cereal: **Honey Nut Cheerios, Cheerios,
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes**
Yogurt
Applesauce or Prunes
Fresh Fruit
Banana
Bread: Wheat/ Rye/ Raisin/ White/ Bagel English
Muffin

2% Milk, Lactaid Milk Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

F **Vegetable Cheddar Quiche**
Breakfast Potatoes
Danish
Oatmeal
Cold Cereal: **Honey Nut Cheerios, Cheerios,
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes**
Yogurt
Applesauce or Prunes
Fresh Fruit
Banana
Bread: Wheat/ Rye/ Raisin/ White/ Bagel
English Muffin

2% Milk, Lactaid Milk Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

S **Lox and Bagel with Cream Cheese**
Boiled Egg
Muffin
Cold Cereal: **Honey Nut Cheerios, Cheerios,
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes**
Yogurt
Applesauce or Prunes
Fresh Fruit, Banana
Bread: Wheat/ Rye/ Raisin/ White/ Bagel English Muffin

2% Milk, Lactaid Milk Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

Dear Residents, the menu is subject to change based
on product availability due to COVID.

Thank you for your patience and understanding.

Name: _____

Apartment #: _____

Notes:

Please circle your menu selection for the entire week
and return to the front desk.

Breakfast delivery times will be
BETWEEN 8:30am and 9:30am

M E N U

Landow, Cohen Rosen House & Connections
Breakfast Menu
January 10 to January 16

S

LUNCH

Split Pea Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Turkey Sandwich

Hamburger with Lettuce, Tomato, Onion

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Zucchini Apple Slaw

Orange Glazed Carrots

French Fries

Sweet Potato or Baked Potato

Fresh Fruit

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER

Italian Wedding Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Veal Picatta

Baked Tilapia

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Broccoli

Yellow Squash

Egg Noodles

Sweet Potato or Baked Potato

Pineapple Upside Down Cake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

M

LUNCH

Chickpea Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Beef Pastrami Sandwich with Potato Chips

Bread Schnitzel w/Lemon Sauce

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

French Bean Salad w/ **Turkey Bacon** & onions

Balsamic Vinaigrette

Potato Salad

Sweet Potato or Baked Potato

Cupcake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER-DAIRY

Mushroom Bisque OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Eggplant Parmesan

Spinach, Tomato Quiche (NO DAIRY)

Tuna or Egg Salad or Sandwich

Grilled Cheese Sandwich (with tomato)

Green Beans

Cauliflower

Confetti Orzo

Sweet Potato or Baked Potato

Homemade Fudge Bar

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

T

LUNCH-DAIRY

Creamy Tomato Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Baked Salmon w/ Tomato Concasse and Basil

Macaroni and Cheese

Tuna or Egg Salad or Sandwich

Grilled Cheese Sandwich (with tomato)

Broccoli

Spinach

Potato Latkes

Sweet Potato or Baked Potato

Rice Pudding with Raisins

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER

Beef Noodle Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Chicken Florentine

Baked Sole

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Spinach

Roasted Eggplant with Onions

Israeli Couscous

Sweet Potato or Baked Potato

Pound Cake with Fruit Compote

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

W

LUNCH

Chicken-Wild Rice Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Vegetable Cholent

Turkey Knish

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Green Beans

Sautéed Mushrooms and Onions

Rice

Sweet Potato or Baked Potato

Apple Strudel

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER

Garden Vegetable Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Teriyaki Chicken

Beef Stir Fry

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Bok Chow

Egg Roll

Lo Mein

Sweet Potato or Baked Potato

Parve Ice Cream

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

M E N U

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TH

LUNCH-DAIRY

Cream of Corn & Cheese Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Alfredo Pasta

Fish Cake Sandwich

Tuna or Egg Salad or Sandwich

Grilled Cheese Sandwich (with tomato)

Peas and Carrots

Roasted Broccoli and Cauliflower

Sweet Potato or Baked Potato

Fruit Tart

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER-DAIRY

Split Pea Soup

OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Mushroom Pizza

Vegetable Burger

Tuna or Egg Salad or Sandwich

Grilled Cheese Sandwich (with tomato)

Vegetable Medley

Spinach

Roasted Corn

Sweet Potato or Baked Potato

Cheesecake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

F

LUNCH

White Bean Spinach Soup OR Cold Borscht

Israeli Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Beef Kabobs and Pita

Homemade Falafel

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Hummus and Pita

Israeli Salad

Minted Peas

Sweet Potato or Baked Potato

Brownie

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER

Chicken Matzo Ball Soup OR Cold Borscht

Challah Bread and Grape Juice

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Citrus Herb Red Snapper

Veal Fricassee W/ Mushroom Sauce

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Green Beans

Carrot Vichy

Egg Noodles

Baklava

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

S

LUNCH

Chicken Noodle Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Knockwurst with Sauerkraut

Entrée Salad

with Grilled Chicken, Eggs, Tomatoes, Cucumbers

Tuna or Egg Salad or Sandwich

Coleslaw

Baked Beans

Watermelon

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER

Lentil Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Spaghetti with Meat Sauce

Chicken Cholent

Tuna or Egg Salad or Sandwich

Lima Beans

Golden Beet Salad and Spinach with Apple

Cider Vinaigrette

Rice

Rugelach

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

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Name: _____

Apartment #: _____

Notes:

Please circle your menu selection for the entire week and return to the front desk.

Dinner delivery times will be BETWEEN 5:30pm and 7:30pm