

M E N U

Landow and Cohen Rosen House Breakfast Menu September 13 to 19

S **French Toast**
 Scrambled Eggs
 Oatmeal

Cold Cereal: **Honey Nut Cheerios, Cheerios,**
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes

 Yogurt
 Applesauce or Prunes
 Fresh Fruit
 Banana

Bread: _____

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

M **Scrambled Eggs**
 Breakfast Potatoes
 Banana Muffin
 Oatmeal

Cold Cereal: **Honey Nut Cheerios, Cheerios,**
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes

 Yogurt
 Applesauce or Prunes
 Fresh Fruit
 Banana

Bread: _____

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

T **Banana Pancakes with Syrup**
 Scrambled Eggs
 Danish
 Oatmeal

Cold Cereal: **Honey Nut Cheerios, Cheerios,**
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes

 Yogurt
 Applesauce or Prunes
 Fresh Fruit
 Banana

Bread: _____

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

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

TH **Blueberry Pancakes with Syrup**
 Boiled Egg
 Oatmeal

Cold Cereal: **Honey Nut Cheerios, Cheerios,**
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes

 Yogurt
 Applesauce or Prunes
 Fresh Fruit
 Banana

Bread: _____

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

F **Cheddar Sausage Frittata**
 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: _____

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

2% Milk, Lactaid Milk Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Juices: Cranberry, Orange, Apple, Tomato, 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 and Cohen Rosen House Lunch and Dinner Menu September 13 to 19

S

LUNCH

Beef Vegetable Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Cilantro Lime Chicken

Baked Sole

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Carrots

Green Beans

Orzo Pilaf

Sweet Potato or Baked Potato

Raspberry Cake

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

DINNER

White Bean Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Fish Cake

Pot Roast

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Zucchini

Kale

Roasted Potato Wedges

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-DAIRY

Pinto Bean Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Whitefish Salad Platter with Vegetables & Pita

Vegetable Quesadilla

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Corn

Sugar Snap Peas

Sweet Potato or Baked Potato

Chocolate Eclair

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

DINNER

Chicken Orzo Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Baked Tilapia Vera Cruz

Sliced Turkey in Gravy

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Broccoli

Spiced Apples

Mashed Potatoes

Sweet Potato or Baked Potato

Lemon Cupcake

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

T

LUNCH

Tomato Basil Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Grilled Vegetable Wrap

Turkey Burger

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Three Bean Salad

Coleslaw

French Fries

Sweet Potato or Baked Potato

Cookies

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

DINNER

Turkey Noodle Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Swedish Meatballs

Pesto Flounder

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Green Beans

Sautéed Mushrooms

Egg Noodles

Sweet Potato or Baked Potato

Fruit Pie

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

W

LUNCH

Chickpea Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Baked Chicken

Homestyle Beef and Bean Chili

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Kale

Beets

Cornbread

Sweet Potato or Baked Potato

Watermelon

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

DINNER

Beef Barley Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Chicken Cacciatore

Shepards Pie

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Cauliflower

Green Peas

White Rice

Sweet Potato or Baked Potato

Blueberry Cobbler

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

M E N U

Landow and Cohen Rosen House
Lunch and Dinner Menu
September 13 to 19

TH LUNCH-DAIRY

Cream of Spinach Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Beyond Burger

Cheese Blintzes in Fruit Sauce

Tuna or Egg Salad or Sandwich

Grilled Cheese with or without Tomato

Roasted Yellow Squash

Baked Zucchini Fries

Sweet Potato or Baked Potato

Banana Cheesecake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea

Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER-DAIRY

Vegetable Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Trout Almondine

Baked Ziti with Parmesan and Garlic Bread

Tuna or Egg Salad or Sandwich

Grilled Cheese with or without Tomato

Carrots

Spinach

Sweet Potato or Baked Potato

Vanilla Pudding Trifle

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea

Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

F LUNCH

Chicken Tortilla Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Turkey Pastrami Sandwich

Classic Meatloaf

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Broccoli

Sweet Potato Fries

Sweet Potato or Baked Potato

Blondie

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea

Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER

Shanah Tovah! Happy Rosh Hashanah!

Chicken Matzo Ball Soup OR Cold Borscht

Challah Bread and Grape Juice

Apples and Honey

Red Snapper

Lamb Chops

Green Beans

Apricot Glazed Carrots and Parsnips

Kasha Varnishka

Apple Cake with Toasted Almonds

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea

Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

S LUNCH

Minestrone Soup OR Cold Borscht

Tossed Salad

Dressing: French, Ranch, Italian, Raspberry Vinaigrette

Summer Salad with:

Blueberries, Mandarin Oranges & Grilled Chicken

Spaghetti with Meat Sauce

Tuna or Egg Salad or Sandwich

Carrots

Baked Beans

Roasted Beets

Rugelach

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea

Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

DINNER

Shanah Tovah! Happy Rosh Hashanah!

Chicken Noodle OR Cold Borscht

Challah Bread and Grape Juice

Apples and Honey

Sweet Baked Chicken with Fruit and Red Onions

Baked Salmon with Leeks

Braised Red Cabbage

Broccoli Rabe

Sweet Noodle Kugel

Honey Cake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea

Juices: Cranberry, Orange, Apple, Tomato, Pineapple, Prune

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Name: _____

Apartment #: _____

Notes:

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