

M E N U

Landow , Cohen Rosen House and
Connections Breakfast Menu
January 17th. To January 23rd.

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: 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 **Western Omelet**
 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: 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**
 Scrambled Eggs
 Oatmeal

Cold Cereal: **Honey Nut Cheerios, Cheerios,**
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes
 Yogurt
 Applesauce or Prunes
 Fresh Fruit
 Banana

Bread: 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: 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**
 Boiled Egg
 Oatmeal

Cold Cereal: **Honey Nut Cheerios, Cheerios,**
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes
 Yogurt
 Applesauce or Prunes
 Fresh Fruit
 Banana

Bread: 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 **Egg and Cheese Croissant Sandwich**
 Breakfast Potatoes
 Oatmeal

Cold Cereal: **Honey Nut Cheerios, Cheerios,**
Rice Krispies, Raisin Bran, Cornflakes, Frosted Flakes
 Yogurt
 Applesauce or Prunes
 Fresh Fruit
 Banana

Bread: 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: 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 and
Connections Lunch and Dinner Menu
January 17th. To January 23rd.

S

LUNCH

Beef Barley Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Barbecue Brisket

Beef Knish

Tuna or Egg Salad or Sandwich

Spinach

Roasted Potatoes

Vegetable Medley

Sweet Potato or Baked Potato

Assorted Cookies

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

DINNER

Chicken Rice Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Herb Crusted Fish

Roast Turkey

W/Mustard Rosemary Sauce

Tuna or Egg Salad or Sandwich

Green Beans

Peas and Onions

Carrots

Sweet Potato or Baked Potato

Peach Cobbler

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

M

LUNCH

Chicken Orzo Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Jamaican Curry Chicken

Turkey Meatloaf w/ Gravy

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Broccoli

Corn with Red Pepper

Parsley Noodles

Sweet Potato or Baked Potato

Coconut Cake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

DINNER

Turkey Noodle Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Lemon Dill Flounder

Sweet and Sour Meatballs

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Sautéed Cabbage with Carrots

Roasted Eggplant with Onions

Basmati Rice

Sweet Potato or Baked Potato

Pineapple Upside Down Cake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

T

LUNCH

Red Bean Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Tuna Noodle Casserole

Vegetable Burger

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

French Fries

Green Beans

Couscous

Sweet Potato or Baked Potato

Parve Chocolate mousse

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

DINNER

Spring Vegetable Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Tofu Vegetable Lo Mein

General Tso's Chicken

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Bok Choy

Brown Rice Pilaf

Kale

Sweet Potato or Baked Potato

Fruit Strudel

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

W

LUNCH

Beef Noodle Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Lomo Salt ado Peruvian Beef Stir Fry

Grilled Chicken Sandwich

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Snow Peas Salad W/ Roasted Peppers

Sweet Potato Fries

Sweet Potato or Baked Potato

Spiced cake w/ candied Pineapple

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

DINNER

Lentil Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Salisbury Steak

Fish and Chips (Fries)

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Broccoli

Beets

Mashed Potatoes

Sweet Potato or Baked Potato

Chocolate Tart

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

M E N U

Landow , Cohen Rosen House and
Connections Lunch and Dinner Menu
January 17th. To January 23rd

TH

LUNCH-DAIRY

Cream of Mushroom Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Three Cheese Pasta

White Fish Salad Platter

Tuna or Egg Salad or Sandwich

Grilled Cheese Sandwich (with Tomato)

Summer Squash

Cauliflower Parmesan

Potato Knish

Sweet Potato or Baked Potato

Cheesecake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

DINNER-DAIRY

Potato Onion Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Pesto Tilapia

Moroccan Chickpea Tagine

Tuna or Egg Salad or Sandwich

Grilled Cheese Sandwich (with Tomato)

Green Beans

Spinach

Roasted Potatoes

Sweet Potato or Baked Potato

Coconut Chocolate Macaroons

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

F

LUNCH

Curried Cauliflower Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Chicken Salad Wrap W/Lettuce, Tomato,

Cucumber with Potato Chips

Fish Cake

Ratatouille

Steamed Carrots

Rice

Sweet Potato or Baked Potato

Watermelon

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

DINNER

Chicken Matzo ball OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Cod Fish in a Curry Sauce

Beef Raque with Mushrooms

Sautee Mushrooms

Carrot Vichy

Broccoli

Fettuccine

Sweet Potato or Baked Potato

Jewish Apple Cake

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

S

LUNCH

Chicken Noodle Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Beef Pastrami Sandwich with Chips

Entrée Salad

Iceberg Lettuce, Deli Turkey, Eggs, Carissin, Tomato,

Cucumber

Tuna or Egg Salad or Sandwich

Baked Beans

Potato Salad

Rugelach

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

DINNER

Beef Vegetable Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Spaghetti with Meat Sauce

Chicken Marsala

Tuna or Egg Salad or Sandwich

Beets

Peas and Carrots

Parsley Noodles

Brownie

Beverages: Coffee, Decaf, Hot Tea, Decaf Tea, Iced Tea
Cranberry, Orange, Apple, Tomato, Pineapple, Prune, Cola, Ginger ale

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Name: _____

Apartment #: _____

Notes:

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