

M E N U

Landow, Cohen Rosen House & Connections
Breakfast Menu
May 2 to May 8

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 **Fried Eggs**
 Breakfast Potatoes with Peppers and Onions
 Blueberries 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**
 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
 Assorted 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

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: 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
Lunch / Dinner Menu
May 2 to May 8

S

LUNCH

White Beans Vegetable 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

Chicken Tenders

Lemon Herb Tilapia

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Broccoli

Yellow Squash

Potato Puffs

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

Spicy Thai Vegetable Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Beef Pastrami Sandwich w/ Pickle & Potato Chips

Barbecue Chicken

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Three Bean Salad

Plantains

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

Southwest Vegetable Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Eggplant Parmesan w/ Garlic Bread

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

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 & Potato Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Baked Cod with Tomato Olive Jam

Mexican Chicken Enchiladas

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Carrots

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

Asian Garden Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Teriyaki Chicken

Beef Lo-mien Stir Fry

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Sautee Bok Choy w/ soy sauce

Egg Roll

Rice

Sweet Potato or Baked Potato

Parve Ice Cream

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

DINNER

Chicken Tortilla Soup OR Cold Borscht

Tossed Salad

Chips & Salsa

Dressing: Ranch, Italian, Raspberry Vinaigrette

Beef Fajitas

Chicken Chimichanga

(Chicken with Mexican seasonings deep fried in a floured tortilla)

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Green Beans

Sautéed Mushrooms and Onions

Spanish Rice

Sweet Potato or Baked Potato

Sopaipilla

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

M E N U

Landow, Cohen Rosen House & Connections
Lunch / Dinner Menu
May 2 to May 8

TH LUNCH-DAIRY

Chicken of Cream Soup OR Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Seafood 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

Beyond Burger

Tuna or Egg Salad or Sandwich

Grilled Cheese Sandwich (with tomato)

Vegetable Medley

Spinach

French Fries

Sweet Potato or Baked Potato

Cheesecake

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

F LUNCH

Harvest Soup OR Cold Borscht

Israeli Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Beef and Green Peppers

Homemade Falafel

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Hummus and Pita

Rice

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 Flounder

Beef Brisket

Tuna or Egg Salad or Sandwich

Hot Dog with Sauerkraut

Green Beans

Carrot Vichy

Kasha Varnishka

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

Cold Borscht

Tossed Salad

Dressing: Ranch, Italian, Raspberry Vinaigrette

Spaghetti with Meat Sauce

Garlic Bread

Chicken Cholent

Tuna or Egg Salad or Sandwich

Lima Beans

Sautéed Cabbage

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:

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