

weekly menu

SUN (M)	Soup	Fall Vegetable
	Salad	Iceberg, Kale , Radish .Tomatoes
	Entrée	Baked Tilapia
	Entrée	Gallic Chicken with Spinach
	Sides	Egg Noodle Broccoli
	Dessert	Strawberry Fool

MO (M)	Soup	Lentil Spinach
	Salad	Mixed Greens, Olives, Carrots
	Entrée	Rainbow Trout With Leeks
	Entree	Beef Knish
	Sides	Mix Carrots Cilantro Rice
	Dessert	Caramel Apple Pie

TU (M)	Soup	Gumbo Soup
	Salad	Frisee, Orange, Tomato
	Entrée	Beef With Broccoli
	Entrée	Orange Chicken
	Sides	Bok Choy Egg Fried Rice
	Dessert	Chocolate Chip Cookies

WE (M)	Soup	Chicken Wild Rice
	Salad	Spinach In Filo Dough
	Entrée	Lamb Kofta With Mint Jelly
	Entrée	Braised Turkey
	Sides	Faro Pilaf Sautéed Green Cabbage
	Dessert	Blueberry Buckle

TH (D)	Soup	Butternut Squash Soup
	Salad	Romaine ,Crouton, Parmesan Cheese
	Entrée	Seafood Newburg
	Entrée	Mushroom Ravioli With Tomato Sauce
	Sides	Brown Rice Pilaf Rapini
	Dessert	Assorted Mini Dessert Bar

FRI (M)	Soup	Matzo Ball Soup
	Salad	Chopped Chicken Liver
	Entrée	Braised Brisket
	Entrée	Roasted Chicken
	Sides	Kasha Bowtie Spaghetti Squash
	Dessert	Yellow Cake With Chocolate Cream

SAT (M)	Soup	Split Pea Soup
	Salad	Salad Mix, Cucumber ,Tomato
	Entrée	Turkey Club Sandwich/Potato Chips
	Entrée	Spaghetti With Meat Sauce
	Sides	Edamame Succotash
	Dessert	Assorted Cookies

Morning Riser Breakfast Specials

SUN Challah French Toast with Eggs

M Scramble Or Fried Eggs, with
Breakfast Potatoes

T Old Fashion Pancake with Eggs

W Fried Egg, Croissant

TH Vegetable Quiche with
Breakfast Potatoes

F Scramble Egg with Danish

SAT Bagel And Lox with Lettuce,
Red Onions, Tomato

Hot Cereal

Oatmeal
Cream of Wheat

Cold Cereal

Raisin Bran, Honey Nut Cheerios,
Cheerios, Special K

Fruit

Fresh Fruit
Orange
Banana
Prunes
Applesauce

Additional

Cottage Cheese
Yogurt



Pickup Location

Landow Dining Room

Meal Delivery Times:

Breakfast: 8:30am-9:45am

Lunch: 12:30pm-1:30pm

Dinner: 5:00pm-6:30pm

Sandwich, Vegetables And Sides

(Circle One Option)

Vegetable Burger

Beyond Burger

Tuna Salad

Egg Salad

Baked Potato

Baked Sweet Potato

Wax Beans, Broccoli

Meat Only (Circle One Option)

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

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 #: _____

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

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SUN (M)	Soup	White Bean Soup	
	Salad	Cucumber Salad	
	Entrée	Beef Knockwurst	
	Entrée	Breaded Chicken Breast	
	Sides	Blanched Broccoli	
		Garlic Mashed Potatoes	
	Dessert	<i>Assorted Desserts</i>	
MO (D)	Soup	Cream of Mushroom Soup	
	Salad	Greek Salad	
	Entrée	Baked Beef Ziti	
	Entree	Baked Tilapia	
	Sides	Swiss Chard, Steamed Baby Carrots	
	Dessert	Moroccan Couscous Coconut Tart	
TU (D)	Soup	Black Bean Soup	
	Salad	Tomato Salad	
	Entrée	Garlic Herb Baked Chicken	
	Entrée	Provencal Fish	
	Sides	Sautéed Spinach Baked Sweet Potatoes	
	Dessert	Cookies Ice Cream	
WE (D)	Soup	Vegetable Soup	
	Salad	Organic Mesclun Salad Mix	
	Entrée	Spinach Parmesan Frittata	
	Entrée	Cheese Blintz with Cherry Topping	
	Sides	Steamed Yellow Squash Potato Latkes	
	Dessert	Chocolate Pudding	
TH (D)	Soup	Cream of Cauliflower Soup	
	Salad	Tossed Salad Vegetable Lasagna with Garlic Bread	
	Entrée	Baked Flounder Fillet	
	Entrée	Green Beans	
	Sides	Oven Roasted Potatoes	
	Dessert	New York Cheesecake	
FRI (M)	Soup	Summer Squash Pumpkin Seed	
	Salad	Tossed Salad	
	Entrée	Barbecue Chicken Wrap	
	Entrée	Imitation Crab and Fish Cakes	
	Sides	Peas and Carrots Sweet Potato Hash	
	Dessert	Parve Strawberry Ice Cream	
SAT (M)	Soup	Turkey Noodle Soup	
	Salad	Tossed Salad	
	Entrée	Crispy Ranch Baked Chicken	
	Entrée	Egg Salad Platter with Sliced of Challah	
	Sides	Bread Steamed Parsley Potatoes	
	Dessert	Steam Broccoli Assorted Cookies	

Daily Hand Fruit

M	Orange
TU	Banana
WE	Apple
TH	Orange
FR	Banana
SAT	Apple
SUN	Banana

Breakfast

8:15 am -10:00 am

Lunch

12:15 pm – 1:30pm

Dinner

5:00 pm – 6:30pm