



LANDOW LUNCH MENU **NOV.21- NOV 27**

SUN (M)	Soup	Velvet Corn Soup
	Salad	Tossed Salad
	Entrée	Vegetable Lo-Mein
	Entrée	Bourbon Roasted Chicken
	Sides	Sautéed Mushroom with Onions Roast Sweet Potato
	Dessert	Chef Choice

MO (M)	Soup	Tomato Soup
	Salad	Tossed Salad
	Entrée	Chicken Salad Sandwich
	Entree	Stuffed Peppers w/ Meat
	Sides	Mixed Squash (Zucchini and Yellow Squash) Sweet Potato Sticks Fries
	Dessert	Ice Cream

TU (M)	Soup	Potato Vegetable Soup
	Salad	Tossed Salad
	Entrée	Beyond Burger
	Entrée	Beef Brisket w/Onion Gravy
	Sides	Beets
	Dessert	Roasted Potatoes Oatmeal Raisins Cookies

WE (M)	Soup	Butternut Squash
	Salad	Spring Mixed, Dried Cranberry, Green Apple, Cherry Tomatoes, Pumpkin Seeds
	Entrée	Roast Turkey with Cranberry Sauce
	Entrée	Lamb Chop Marinated in Red Wine With Rosemary Demi
	Sides	Homemade Stuffing Candied Yam Sautéed Green Beans with Almondine
	Dessert	Sweet Potato Pie, Pecan Pie

TH (M)		THURSDAY BRUNCH 10:00am-1:00pm
		Happy Thanksgiving Menu On the Right Side

FRI (M)	Soup	Non- Dairy Spinach Soup
	Salad	Tossed Salad
	Entrée	Crispy Fish
	Entrée	Beef Stew
	Sides	Carrots Rice
	Dessert	Brownies

SAT (M)	Soup	Turkey Noodle Soup
	Salad	Tossed Salad
	Entrée	Hot Dog w/ Sauerkraut
	Entrée	Beef Chili w/ Cornbread
	Sides	Baked Beans Steamed Green Beans
	Dessert	Ice Cream

LANDOW THURSDAY BRUNCH MENU

Happy Thanksgiving

HOT CEREAL STATION
Cinnamon Oatmeal
Cream of Wheat

EGGS STATION
Egg Benedict
Omelet Stations
Boiled Eggs

BREAD STATION

Banana Nut Bread
Scones
Blueberry Waffle
Cinnamon Roll
Soup
Pumpkin Soup
Salad

Kale with Roasted Butternut Squash, Pomegranate
Entrée

Lox with Bagel with Cream Cheese
Vegetable
Green Beans
Dessert
Sweet Potato Pie



always available pick up menu

Pickup Location

Landow Dining Room

Meal Delivery Times:

Breakfast: 8:30am-9:45am

Lunch: 12:30pm-1:30pm

Dinner: 5:00pm-6:30pm

Entrees and Vegetable (Circle One Option)

Vegetable Burger

Beyond Burger

Tuna Salad

Egg Salad

Baked Potato

Baked Sweet Potato

Apple Sauce

Carrots, Peas

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

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

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 8:15 am - 10:00 am Lunch 12:15 pm Dinner 5:00 pm - 6:30 pm
(Approximately)

weekly menu

SUN (M)	Soup	Beef Noodle Soup
	Salad	Iceberg, Black Bean and Peppers
	Entrée	Chicken In Mushroom Sauce
	Entrée	Asian Sea Bass with Juliene Vegetables
	Sides	Roasted Yukon Potato Herb Cauliflower
	Dessert	Peach Cobbler With Ice Cream

MO (M)	Soup	Navy Bean Soup
	Salad	Salad Mix ,Tomato, Cucumber
	Entrée	Turkey Meatloaf Cranberry Relish
	Entree	Seafood Cake
	Sides	Parsley Egg Noodle Broccoli
	Dessert	Assorted Cookies

TU (M)	Soup	Garden Vegatble
	Salad	Salad Mix ,Tomato , Cucumber
	Entrée	Beef Stew
	Entrée	Lemon Herb Trout
	Sides	Green Bean CousCous Pilaf
	Dessert	Cherry Pie

WE (M)	Soup	Mushroom Barley
	Salad	Chopped Sardine
	Entrée	Apricot Baked Chicken
	Entrée	Crispy Oven Baked Tilapia
	Sides	Potato Knish Spinach
	Dessert	Honey Cake

TH (M)		HAPPY THANKSGIVING Dinner Box Pickup Box 3:00pm-3:45 pm
	Salad	Mixed Greens , Dates, Tomato ,Pickled Onion
	Entrée	Turkey Sandwich Or Roast Beef
	Sides	Sandwich Challah Bun Potatoes Chips
	Dessert	Apple, or Pecan Pie

FRI (M)	Soup	Chicken Matzo Ball
	Salad	Herring in Wine
	Entrée	Braised Brisket
	Entrée	Herb Roasted Cornish Hen
	Sides	Kasha Bowtie ' Red Cabbage
	Dessert	Strawberry Shortcake

SAT (M)	Soup	Lentil
	Salad	Salad Mix, cuccumber ,Tomato
	Entrée	Turkey Pastrami on Rye/ Chips
	Entrée	Beef Cholent
	Sides	White Rice Red Beets
	Dessert	Assorted Cookies

Breakfast 8:15 am - 10:00 am

Lunch 12:15 pm- 2:00 pm

Dinner 4:30 pm - 7:30 pm

weekly menu

Morning Riser Breakfast Specials

SUN Challah French Toast with Scramble Eggs

M Scramble Eggs and Spinach Tomato with English Muffin

T Chocolate Chip Pancake with Scramble Egg Or Boiled Eggs

W Fried Egg, Croissants

TH Scramble Eggs With Cheese with Bagel

F Tomatoes, Feta Cheese Quiche

SAT Lox and Bagel

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

Breakfast 8:00 am - 10:00 am
Dinner 4:30 pm - 7:30 pm

