

Landow Breakfast House

JAN 16-JAN 22

weekly menu

Morning Riser Breakfast Specials

SUN Challah French Toast with Scramble Eggs

M Waffles, Scramble Eggs Or Boiled Egg

T Blueberry Pancake with Scramble Egg Or Boiled Egg

W Fried Egg, English Muffin

TH Scramble Egg with Danish

F Scramble Egg or Boiled Egg with Breakfast Potatoes

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

 UNIDINE®

LANDOW LUNCH MENU

JAN 16- JAN 22

SUN (M)	Soup Salad Entrée Entrée Sides Dessert	Three beans Soup Tossed Salad Dill Lemon Baked Salmon Garlic Roasted Chicken Mixed Greens Roasted Tomato Steamed Rice Assorted Dessert
MO (M)	Soup Salad Entrée Entree Sides Dessert	Tomato Basil Soup Tossed Salad Chicken Salad Sandwich Stuffed Peppers w/ Meat Steamed Broccoli Roasted Yellow Squash with Onions Sweet Potato Fries Ice Cream
TU (M)	Soup Salad Entrée Entrée Sides Dessert	Potato Vegetable Soup Tossed Salad Beyond Burger Beef Brisket w/Onion Gravy Beets Roasted Potatoes Oatmeal Raisins Cookies
WE (M)	Soup Salad Entrée Entrée Sides Dessert	Roasted Carrots with Apples and Celery Spring Mixed Roast Turkey with Cranberry Sauce BBQ Meat loaf Mashed Potatoes Sautéed Green Beans Sweet Potato Pie
TH (M)	Soup Salad Entrée Entrée Sides Dessert	Hearty Meat Barley Soup Tossed Salad Vegetable Lo-Mein Bourbon Roasted Chicken Sautéed Mushroom with Onions Roast Sweet Potato Apple Pie Roll
FRI (M)	Soup Salad Entrée Entrée Sides Dessert	Split peas Lentil Soup Tossed Salad Old Bay Baked Fish Beef Stew Carrots Broccoli Rice Brownies
SAT (M)	Soup Salad Entrée Entrée Sides Dessert	Turkey Noodle Soup Tossed Salad Hot Dog w/ Sauerkraut Beef Chili w/ Cornbread Baked Beans Steamed Beets Strawberry cake

weekly menu

SUN (M)	Soup Salad Entrée Entrée Sides Dessert	Beef kreplach Soup Iceberg, Black Bean and Peppers Chicken In Mushroom Sauce Asian Sea Bass with Julienne Vegetables Perogie Casserole Herb Cauliflower Assorted Dessert
MO (M)	Soup Salad Entrée Entrée Sides Dessert	Black Eye Pea Cucumber Tomato, Red Peppers, Corn Country Fried Chicken Creole Trout Sweet Mashed Potato Braised Collard Greens Pecan Pie
TU (M)	Soup Salad Entrée Entrée Sides Dessert	Garden Vegetable Salad Mix ,Tomato, Cucumber Chicken Burger with Avocado Seafood Cake Green Bean Shoestring Fries Strawberry and Blueberry Fool
WE (M)	Soup Salad Entrée Entrée Sides Dessert	Lentil Mixed Greens , Cucumber, Tomato Chili con carne lasagna Chicken Quesadilla Spanish Rice /Sweet Plantains Spinach/ Guacamole, Pico De Galo Honey Cake
TH (D)	Soup Salad Entrée Sides Dessert	Cream of Spinach Artichoke Mini Quiche with Hollandaise Herb Crusted Salmon Eggplant Parmesan Macaroni and Cheese Spinach Cherry Pie
FRI (M)	Soup Salad Entrée Entrée Sides Dessert	Chicken Matzo Ball Herring in Wine Braised Brisket Herb Roasted Cornish Hen Kasha Bowtie ' Red Cabbage Strawberry Shortcake
SAT (M)	Soup Salad Entrée Entrée Sides Dessert	Mushroom Barley Salad Mix, cucumber ,Tomato Honey Glazed Chicken Beef Cholent White Rice Green Peas with Pearl onion Cookies

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

Grilled Chicken Breast

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)