

# Breakfast Menu

## Hot Cereal

Oatmeal  
Cream of Wheat

## Cold Cereal

Raisin Bran, Honey Nut  
Cheerios, Cheerios,  
Special K

## Fruit

Fresh Fruit  
Orange  
Banana  
Prunes  
Applesauce

## Dairy

Cottage Cheese  
Yogurt

## Daily Breakfast Specials

- SU** Cinnamon Toast, Hard Boiled Eggs
- M** Vanilla French Toast, Scrambled Eggs
- T** Cinnamon/Apple Pancakes, Scrambled Eggs
- W** Spinach and Feta Frittata, Veggie Patty
- TH** Cheese Blintz w/Berry Compote
- F** Veggie Cheese Strata, Latkes
- S** Lox and Bagels with Cream Cheese, Tomatoes, and Onion

## Beverages

Hot Chocolate, Coffee, Decaf Coffee, Decaf Tea, Tea

Orange Juice, Apple Juice, Prune Juice or Cranberry Juice

Milk: Whole Milk, Fat Free, 2%,

### Food and Nutrition Department

301-816-5030-Ring House

304-816-5068-Ladow House

For menu adjustments or special request please contact the Food and Nutrition Department between 7:00am-8:30 am for breakfast and 2:00pm to 3:30pm for dinner.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Apartment # \_\_\_\_\_

# Lunch Menu

**SUN  
20**

Soup  
Salad  
Entrée  
Entrée  
Sides  
Dessert

Beef & Cabbage Soup  
Marinated Pepper Salad  
Beer Battered Cod  
Beef Meatloaf  
Mashed Potatoes  
Sautéed Green Peas  
Fresh Fruit Salad

**Vegetarian Options:**

\* Beyond Burger  
\*Tuna Salad  
\*Egg Salad  
\*Broccoli  
\*Coleslaw  
\*Baked Potato  
\*Baked Sweet Potato

**MON  
21**

Soup  
Salad  
Entrée  
Entrée  
Sides  
  
Dessert

Artichoke & Spinach Soup  
Iceberg Tossed Salad  
Lemon Baked Pollock  
Eggplant Rollatini  
Pesto Bow Tie  
Braised Kale  
Sweet Potato Cheesecake

**Beverages**

Ice Tea or Lemonade  
Coffee, Decaf Coffee, Decaf Tea, Tea

**TUE  
22**

Soup  
Salad  
Entrée  
Entrée  
Sides  
  
Dessert

Sweet Pepper Soup  
Broccoli Salad  
Smoked Whitefish Salad  
Spinach Pie  
White Bean Provencal  
Roasted Red Potatoes  
Pudding Parfait

**WED  
23**

Soup  
Salad  
Entrée  
Entrée  
Sides  
  
Dessert

Pumpkin Soup  
Caesar Salad  
Beef Stew  
Grilled Chicken  
Mashed Potatoes  
Glazed Carrots  
Lemon Angel Cake

**THU  
24**

Soup  
Salad  
Entrée  
Entrée  
Sides  
  
Dessert

Barley Mushroom Soup  
Roasted Beets Salad  
Seafood Cake  
Herb Buttered Egg Noodles  
Sautéed Peppers and Onions  
Garlic Bread  
  
Tiramisu

**FRI  
25**

Soup  
Salad  
Entrée  
Entrée  
Sides  
  
Dessert

Corn Chowder  
Green Salad  
Tilapia Provencal  
Spinach and Mushroom Kugel  
Sweet Potato Tater Tots  
Balsamic Roasted Vegetables  
Blondie Bar

**SAT  
26**

Soup  
Salad  
Entrée  
Entrée  
Sides  
  
Dessert

Navy Bean Soup (GF)  
Lettuce and Tomato Salad  
Chicken Pot Pie  
Turkey Meatloaf  
Mashed Potatoes  
Garden Blend Vegetables  
Challah Bread  
Raspberry Sorbet

# Dinner Menu

<b>SUN</b> <b>20</b>	Soup	Chicken Squash Soup
	Salad	Home Made Hummus
	Entrée	Beef Burgundy
	Entrée	Salmon Vera Cruz
	Sides	Basmati Rice
	Sides	Brussels Sprouts
	Dessert	Almond Cookie

<b>MON</b> <b>21</b>	Soup	Vegetable Chowder
	Salad	Diced Italian Beet Salad
	Entrée	Roasted Chicken Breast
	Entree	Corned Beef
	Sides	Wild Rice
	Sides	Stewed Cabbage
	Dessert	Sherbet

<b>TUE</b> <b>22</b>	Soup	Skinny Vegetable Soup
	App	Apple Slaw
	Entrée	Teriyaki Beef
	Entrée	Curry Chicken
	Sides	Brown Rice
	Sides	Vegetable Stir Fry
	Dessert	Snickerdoodle Cookies

<b>WED</b> <b>23</b>	Soup	Navy Bean Soup
	Salad	Cucumber/Dill Salad
	Entrée	Baked Tilapia Sandwich
	Entrée	Stuffed Shells
	Sides	Gnocchi with Squash & Kale
	Sides	Cauliflower Pea & Onion
	Dessert	Chocolate Chip Cookie

<b>THU</b> <b>24</b>	Soup	Roasted Parsnip Soup
	Salad	Autumn Butternut Salad
	Entrée	Roasted Turkey
	Entrée	Ginger Salmon
	Sides	Challah Sage Stuffing
	Sides	Green Bean Casserole
	Dessert	Mashed Potatoes with Gravy
	Dessert	Apple or Pecan Pie



<b>FRI</b> <b>25</b>	Soup	Matzo Ball
	Salad	Beef Chopped Liver
	Entrée	Honey Roasted Chicken
	Entrée	French Lentils
	Sides	Greens Sautéed with Peppers
	Sides	Baked Potato
	Dessert	Warm Brownie

<b>SAT</b> <b>26</b>	Soup	Sweet Potato Bisque
	Salad	Wedge Salad
	Entrée	Broiled Salmon
	Entrée	Tortellini w/Garlic Broccoli and
	Sides	Mushrooms
	Sides	Parsnips
	Sides	Carrots
	Sides	Garlic Bread
	Dessert	Peach Crisp

**Vegetarian Options:**

- \*Spaghetti with Tomato Sauce
- \* Chickpea Avocado Lettuce Wrap
- \*Vegetable Burger
- \*Beyond Burger
- \*Tuna Salad
- \*Egg Salad
- \*Spinach
- \*Carrots
- \*Baked Beans
- \*Coleslaw
- \*Baked Sweet Potato
- \*French Fries
- \*Applesauce

**Sunday—Wednesday and Friday**

- Grilled Boneless Chicken Breast (W)
- Chicken Salad (W)
- Hot Dog w/ Sauerkraut
- Hamburger

**Beverages**

- Ice Tea or Lemonade
- Coffee, Decaf Coffee, Decaf Tea, Tea

**Thursday Only**

- Western Omelet
- Cheese Omelet
- Beyond Burger
- Cheese Pizza
- Grilled Cheese with Tomato On Rye Bread
- Milk: Whole Milk, Fat Free, 2%,

**Daily Hand Fruit**

- M Orange
- TU Banana
- WE Red Apple
- TH Pear
- FR Banana
- SAT Apple
- SUN Pear