

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 Sunday Brunch 9:00 am – 11:00 am

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 Onions

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-Landow 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 # _____

Dinner Menu

SUN 20	Soup Salad Entrée Entrée Sides Dessert	Chicken Squash Soup Home Made Hummus Beef Burgundy Salmon Vera Cruz Basmati Rice Brussels Sprouts Almond Cookie
MON 21	Soup Salad Entrée Entree Sides Dessert	Vegetable Chowder Diced Italian Beet Salad Roasted Chicken Breast Corned Beef Wild Rice Stewed Cabbage Sherbet
TUE 22	Soup App Entrée Entrée Sides Dessert	Skinny Vegetable Soup Apple Slaw Teriyaki Beef Curry Chicken Brown Rice Vegetable Stir Fry Snickerdoodle Cookies
WED 23	Soup Salad Entrée Entrée Sides Dessert	Navy Bean Soup Cucumber/Dill Salad Baked Tilapia Sandwich Stuffed Shells Gnocchi with Squash & Kale Cauliflower Pea & Onion Chocolate Chip Cookie
THU 24	Soup Salad Entrée Entrée Sides Dessert	Roasted Parsnip Soup Autumn Butternut Salad Roasted Turkey Ginger Salmon Challah Sage Stuffing Green Bean Casserole Mashed Potatoes with Gravy Apple or Pecan Pie
FRI 25	Soup Salad Entrée Entrée Sides Dessert	Matzo Ball Beef Chopped Liver Honey Roasted Chicken French Lentils Greens Sautéed with Peppers Baked Potato Warm Brownie
SAT 26	Soup Salad Entrée Entrée Sides Dessert	Sweet Potato Bisque Wedge Salad Broiled Salmon Tortellini w/Garlic Broccoli and Mushrooms Parsnips Carrots Garlic Bread 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