

Weekly Dinner Menu

MON 29	Soup	Vegetable Chowder
	Salad	Cucumber & Tomato Salad
	Entrée	Baked Ziti
	Entrée	Flatbread Calzone w/Fig & Goat Cheese
	Sides	Wild Rice w/Vegetables
		Broccoli w/Roasted Garlic
	Dessert	Chocolate Chip Cookies

TUE 30	Soup	Vegetable Soup
	Salad	Spinach & Strawberry Salad
	Entrée	Chicken Curry
	Entrée	Teriyaki flavored Beef Strips
	Sides	Pineapple Rice Pilaf
		Zucchini & Mushrooms
	Dessert	Snickerdoodle Cookies

WED 31	Soup	Navy Bean Soup
	Salad	Garden Salad
	Entrée	Fried Cod Sandwich
	Entrée	Penne Pasta w/Sausage & Chard
	Sides	Red Beans & Rice
		Broccoli
	Dessert	Orange Cake

THU 01	Soup	Split Pea Soup
	Salad	Garden Salad
	Entrée	Stuffed Flounder
	Entrée	Cheese & Vegetable Quesadilla
	Sides	Sauteed Squash & Tomato
		Roasted Butternut Squash
	Dessert	Applesauce Cake

FRI 02	Soup	Chicken Matzo Ball Soup
	Salad	Gefilte Fish Plate
	Entrée	Beef Brisket w/Onion Gravy
	Entrée	Honey Roasted Chicken
	Sides	Tzimmes
		Brown Rice
	Dessert	Brownie

SAT 03	Soup	Sweet Potato Bisque
	Salad	Garden Salad
	Entrée	Baked Salmon
	Entrée	Apricot Glazed Chicken
	Sides	Potato Kugel
		Parsnips & Carrots w/Honey
	Dessert	Blonde Bar

SUN 04	Soup	Cabbage Soup
	Salad	Garden Salad
	Entrée	Lemon Glazed Chicken
	Entrée	Pollock w/Tomato & Cilantro
	Sides	Roasted Sweet Potato Wedges
		Spinach
	Dessert	Coffeecake

Vegetarian Options:

- *Vegetarian Burger
- * Hot Dog w/ Sauerkraut
- *Beyond Burger
- *Tuna Salad
- *Egg Salad
- *Roasted Carrots
- *Green Beans
- *Coleslaw
- *Baked Sweet Potato
- *Baked Potato
- *Applesauce

Beverages

Iced Tea or Lemonade
Coffee, Decaf Coffee, Decaf Tea, Tea

**PLEASE SEE CUBIGO
FOR DAILY UPDATES**

Breakfast Menu

Hot Cereal

Oatmeal
Cream of Wheat

Cold Assorted
Cereals

Fresh Fruit
Yogurt
Cottage Cheese
Orange
Banana
Prunes
Applesauce

Daily Breakfast Specials

SU Sunday Brunch
M French Toast, Scrambled Eggs
T Blueberry Muffin, Scrambled Eggs
W Apple Whole Wheat Pancake,
Scrambled Eggs
TH Cheese Blintz, Scrambled Eggs
F Potato Pancake, Scrambled Eggs
S Hard Boiled Egg, Lox & Cream
Cheese with Bagels

Beverages

Milk, 2%, Soy Hot Chocolate, Coffee,
Decaf Coffee, Tea, Decaf Tea

Orange Juice, Apple Juice, Prune Juice
or Cranberry Juice

Food and Nutrition Department

301-816-5030 Ring House

304-816-5068 Landow House

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

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PICK UP

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DELIVERY

Print Name _____

Signature _____

Apartment # _____