

Weekly Dinner Menu

MON 22	Soup	Split Pea Soup
	Salad	Garden Salad
	Entrée	Eggplant Parmesan
	Entrée	Baked Pollock
	Sides	Peas & Carrots
		Linguine w/Tomato Cream Sauce
	Dessert	Red Velvet Cookie

TUE 23	Soup	Apple & Butternut Squash Soup
	Salad	Garden Salad
	Entrée	Beef Kofta
	Entrée	Turkey Cutlets & Gravy
	Sides	Mashed Potatoes
		Sauteed Zucchini
	Dessert	Carrot Cake

WED 24	Soup	Tomato Florentine Soup
	Salad	Garden Salad
	Entrée	Breaded Baked Tilapia
	Entrée	Chili Lime Chicken Wings
	Sides	Spinach
		Fresh Potato Fries
	Dessert	Blondie Bar

THU 25	Soup	Mushroom Soup
	Salad	Garden Salad
	Entrée	Salmon Dijonnaise
	Entrée	Sweet Chili Tofu
	Sides	Mixed Vegetable
		Macaroni & Cheese
	Dessert	Double Chocolate Chip Cookies

FRI 26	Soup	Matzo Ball Soup
	Salad	Chopped Liver Salad
	Entrée	Beef Brisket w/Onion Gravy
	Entrée	Rotisserie Chicken
	Sides	Tzimmes
		Spinach
	Dessert	Peach Pie

SAT 27	Soup	French Onion Soup
	Salad	Artichoke Salad
	Entrée	Balsamic Based Chicken Thighs
	Entrée	Poached Cod in Tomato Broth
	Sides	Egg Noodle
		Baby Carrots
	Dessert	Snickerdoodle Cookies

SUN 28	Soup	Pasta Fagioli Soup
	Salad	Creamy Coleslaw w/Pickle Spear
	Entrée	Herb Crusted Flounder
	Entrée	Corned Beef Sandwich
	Sides	Potato Salad
		Broccoli
	Dessert	Frosted Orange Cake

Vegetarian Options:

- *Vegetarian Burger
- * Hot Dog w/ Sauerkraut
- *Beyond Burger
- *Tuna Salad
- *Egg Salad
- *Carrots
- *Broccoli
- *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 Orange Muffin, Scrambled Eggs
T Buttermilk Pancakes, Scrambled Eggs
W Blueberry Muffin, Scrambled Eggs
TH French Toast, Scrambled Eggs
F Cheese Blintz w/Berry Compote, 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 # _____