

Weekly Dinner Menu

MON 30	Soup	Minestrone Soup
	Salad	Garden Salad
	Entrée	Stuffed Shells w/ Marinara or Alfredo
	Entrée	Lemon Baked Cod
	Sides	Rice Pilaf Broccoli
	Dessert	Blueberry Cobbler

TUE 01	Soup	Tomato Florentine Soup
	Salad	Garden Salad
	Entrée	BBQ Chicken
	Entrée	Tofu Stir Fry w/ Vegetables
	Sides	Mediterranean Couscous Broccoli
	Dessert	Chocolate Pudding Parfait

WED 02	Soup	Chicken Matzo Ball Soup
	Salad	Garden Salad
	Entrée	Onion Braised Beef Brisket
	Entrée	Baked Salmon
	Sides	Roasted Red Potatoes Green Beans
	Dessert	Honey Cake w/ Cinnamon Chocolate Frosting

THU 03	Soup	Chicken Noodle Soup
	Salad	Gefilte Fish Plate
	Entrée	Roasted Turkey
	Entrée	Veal Roast
	Sides	Tzimmes Steamed Broccoli
	Dessert	Apple Cake

FRI 04	Soup	Chicken Matzo Ball Soup
	Salad	Pickled Herring in Wine
	Entrée	Herbed Chicken
	Entrée	Flounder w/ Dill Sauce
	Sides	Potato Kugel Vegetable Medley
	Dessert	Banana Cake

SAT 05	Soup	Gazpacho Soup
	Salad	Gefilte Fish Plate
	Entrée	Cholent w/ Cornbread
	Entrée	Greek Salad w/ Chicken
	Sides	Brown Rice Sauteed Spinach
	Dessert	Chocolate Chip Cookies

SUN 06	Soup	Beef Vegetable Soup
	Salad	Garden Salad
	Entrée	Fried Chicken
	Entrée	Lemon Pepper Flounder
	Sides	Mashed Potatoes Steamed Broccoli
	Dessert	Chocolate Cake

Additional Options:

- *Hot Dog w/ Sauerkraut
- *Beyond Burger
- *Chicken Salad
- *Tuna Salad
- *Egg Salad
- *Roasted Carrots
- *Baked Sweet Potato
- *Baked Potato
- *French Fries
- *Applesauce
- *Coleslaw

Gluten Free Dessert:

- *Chocolate Chip Cookies

Sugar Free Desserts:

- *Lemon Cake
- *Apricot Cake
- *Seven Layer Cake

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 Waffle, Scrambled Eggs
T Blueberry Muffin, Scrambled Eggs
W Pancake, Scrambled Eggs
TH Cheese Blintz, Scrambled Eggs
F Mini Danish, Scrambled Eggs
S Hard Boiled Egg, Lox & Cream
Cheese with Bagel

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
301-816-5068 Landow House

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

PICK UP

DELIVERY

Print Name _____

Signature _____

Apartment # _____