

Weekly Dinner Menu

MON 28

Soup	Minestrone Soup
Salad	Garden Salad
Entrée	Stuffed Shells w/ Marinara or Alfredo Sauce
Entrée	Cod
Sides	Green Beans
	Rice Pilaf
Dessert	Blueberry Cobbler

TUE 29

Soup	Chicken & Orzo Soup
Salad	Garden Salad
Entrée	BBQ Chicken Quarters (Dark Meat)
Entrée	Vegetable Stir Fry w/Tofu
Sides	Couscous
	Steamed Broccoli
Dessert	Chocolate Parfait

WED 30

Soup	Wedding Soup
Salad	Garden Salad
Entrée	Hamburger
Entrée	Baked Flounder
Sides	Roasted Red Potatoes
	Cauliflower
Dessert	Honey Cake



**BUFFET STYLE DINNER:
HAMBURGER MANIA NIGHT**

THU 31

Soup	Broccoli & Cheddar Soup
Salad	Flower Pot Salad w/Dressing
Entrée	Salmon
Entrée	Fruit & Cottage Cheese Plate
Sides	Kugel
	Carrots
Dessert	Apple Cake

FRI 1

Soup	Chicken Matzo Ball Soup
Salad	Gefilte Fish Plate
Entrée	Beef Brisket w/Onion Gravy
Entrée	Herb Roasted Chicken Quarters (Dark meat)
Sides	Potato Kugel
	Spinach
Dessert	Banana Cake

SAT 2

Soup	Tomato Soup
Salad	Garden Salad
Entrée	Beef Cholent
Entrée	House Salad w/Grilled Chicken Breast
Sides	Brown Rice
	Mixed Vegetables
Dessert	Chocolate Chip Cookies

SUN 3

Soup	Beef & Vegetable Soup
Salad	Garden Salad
Entrée	Roasted Chicken Quarters (Dark Meat)
Entrée	Pasta w/Marinara Sauce & Vegetables
Sides	Mashed Potatoes
	Broccoli
Dessert	Oreo Brownie

Always Available Options:

- *Vegetarian Burger
- * Hot Dog w/ Sauerkraut
- *Beyond Burger
- * Grilled Chicken Breast
- *Tuna Salad
- *Egg Salad
- *Carrots
- *Coleslaw
- *Baked Sweet Potato
- *Baked Potato
- *Applesauce

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 Assorted Danish, 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

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 # _____