

Weekly Dinner Menu

MON 25	Soup	Tomato Basil Soup
	Salad	Israeli Salad
	Entrée	Mushroom & Tomato Frittata
	Entrée	Lox Bagel & Cream Cheese Plate
		Blueberry Pancake
	Sides	Spinach
	Dessert	Lemon Meringue Pie

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

TUE 26	Soup	Chicken Noodle Soup
	Salad	Spinach & Strawberry Salad
	Entrée	Cornish Hens
	Entrée	Cod Cakes
	Sides	Egg Noodles
		Corn on the Cob (Ring House)
		Steamed Corn (Landon House)
	Dessert	Chocolate Cake

Beverages

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

WED 27	Soup	Asian Vegetable Soup
	Salad	Tossed Green Salad
	Entrée	Corn & Tomato Sauteed w/Grilled Salmon
	Entrée	
	Sides	Broccoli
	Dessert	Lemon Cake

THU 28	Soup	Cream of Carrot Soup
	Salad	Artichoke Salad
	Entrée	Spaghetti Alfredo
	Entrée	Baked Cod
	Sides	Mixed Veggies
		Mushroom Barley Pilaf
	Dessert	Baklava

**WEDNESDAY SEPT 27, 2023
DINNER IS ACTION STATION
BUFFET STYLE SETUP
PLEASE SEE CUBIGO FOR
ALL INFORMATION**

FRI 29	Soup	Chicken Matzo Ball Soup
	Salad	Chopped Liver
	Entrée	Beef Brisket w/Onion Gravy
	Entrée	Chicken & Rice Casserole
	Sides	Roasted Asparagus
		Kasha & Bow Ties
	Dessert	Strawberry Shortcake

SAT 30	Soup	Minestrone Soup
	Salad	Gefilte Fish Plate
	Entrée	Cholent
	Entrée	Chicken Quarters
	Sides	Rice Pilaf
		Tarragon Carrots
	Dessert	Snickerdoodle Cookies

**PLEASE SEE CUBIGO
FOR DAILY UPDATES**

SUN 1	Soup	Garden Vegetable Soup
	Salad	Marinated Salad
	Entrée	Shepherd's Pie
	Entrée	Herb Crusted Flounder
	Sides	Egg Noodles
		Broccoli w/Garlic
	Dessert	Chocolate Cake

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 Waffles, Scrambled Eggs

T Carrot Muffin, Scrambled Eggs

W Blueberry Pancake, Scrambled
Eggs

TH Texas French Toast, 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

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.

Print Name _____

Signature _____

Apartment # _____