

weekly menu

SUN	Soup Salad Entrée Entrée Sides Dessert	Fall Vegetable Iceberg, Kale , Radish .Tomatoes Baked Tilapia Gallic Chicken with Spinach Egg Noodle Broccoli Strawberry Fool
MO	Soup Salad Entrée Entree Sides Dessert	Lentil Spinach Mixed Greens, Olives, Carrots Rainbow Trout With Leeks Beef Knish Mix Carrots Cilantro Rice Caramel Apple Pie
TU	Soup Salad Entrée Entrée Sides Dessert	Gumbo Frisee, Orange, Tomato Beef With Broccoli Orange Chicken Bok Choy Egg Fried Rice Chocolate Chip Cookies
WE	Soup Salad Entrée Entrée Sides Dessert	Chicken Wild Rice Spinach In Filo Dough Lamb Kofta With Mint Jelly Braised Turkey Faro Pilaf Sautéed Green Cabbage Blueberry Buckle
TH	Soup Salad Entrée Entrée Sides Dessert	Butternut Squash Romaine ,Crouton, Parmesan Cheese Seafood Newburg Mushroom Ravioli With Tomato Sauce Brown Rice Pilaf Rapini Assorted Mini Dessert Bar
FRI	Soup Salad Entrée Entrée Sides Dessert	Matzo Ball Chopped Chicken Liver Braised Brisket Roasted Chicken Kasha Bowtie Spaghetti Squash Yellow Cake With Chocolate Cream
SAT	Soup Salad Entrée Entrée Sides Dessert	Split Pea Salad Mix, cuccumber ,Tomato Turkey Club Sandwich/Potato Chips Spaghetti With Meat Sauce Edamame Succotash Assorted Cookies

Morning Riser Breakfast Specials

- SUN** Challah French Toast
M Eggs Your Way , Potatoes
T Old Fashioned Pancake
W Fried Egg, Croissant
TH Vegetable Quiche ,Potatoes
F Scramble Egg, Danish
SAT White Fish Salad

Hot Cereal

Oatmeal
Cream of Wheat

Cold Cereal

Raisin Bran, Honey Nut Cheerios,
Cheerios, Special K

Fruit

Fresh Fruit
Orange
Banana
Prunes
Applesauce

Additional

Cottage Cheese
Yogurt

Daily Hand Fruit

M Orange
TU Banana
WE Apple
TH Orange
FR Banana
SAT Apple
SUN Banana

weekly menu

October 10– October 16



Breakfast Beverage

Hot Chocolate, Coffee, Decaf Coffee, Decaf Tea, Tea
Orange Juice, Apple Juice, Prune Juice or Cranberry
Juice
Milk: Whole Milk, Fat Free, 2%,

Dinner Beverage

Ice Tea or Lemonade
Coffee, Decaf Coffee, Decaf Tea, Tea
Milk: Whole Milk, Fat Free, 2%, **(Thursday Only)**

Vegetarian Options:

*Sesame Tofu Kale , Edamame With Rice

*Vegetable Burger

*Tuna Salad

*Egg Salad

*Peas

*Carrots

*Baked Beans

*Coleslaw

*Baked Potato

*Baked Sweet Potato

French Fries

*Applesauce

Thursday Only

Western Omelet

Cheese Omelet

Beyond Burger

Cheese Pizza

Grilled Cheese with Tomato On Rye Bread

Sunday—Wednesday and Friday

Grilled Boneless Chicken Breast (W)

Chicken Salad (W)

Hot Dog w/ Sauerkraut

Hamburger

***Also available on Thursday**

Print

Name: _____

Signature:

Apartment #: _____

Date: _____

Food and Nutrition Department

Phone Number: 301-816-5030

For menu adjustments or special request please contact the Food and Nutrition Department between 7:00am-9:00am for breakfast and 2:00pm to 4:00pm for dinner.