

Weekly Dinner Menu

MON
29

Soup Potato & Leek Soup
Salad Country Tomato Salad
Entrée Beef Stew
Entrée Curry Spice Chicken Thighs
Sides White Rice
Basil Roasted Zucchini
Dessert Coconut Cake

TUE
30

Soup Garden Vegetable Soup
Salad Confetti Coleslaw
Entrée Lentil and Pea Kofta
Entrée Beer Battered Fish & Chips
Sides Mashed Potatoes
Brown Gravy
Fresh Steamed Green Beans
Dessert Carrot Cake

WED
31

Soup Chicken Noodle Soup
Salad Country Tomato Salad
Entrée Franks & Beans
Entrée BBQ Chicken
Sides Vegetable Rice
Stewed Cabbage
Blueberry Crumb Pie
Dessert Frosted Orange Cake

THU
6/1

Soup Homemade Tomato Soup
Salad Greek Salad
Entrée Spinach and Feta Cheese Pie
Entrée Herb Crusted Flounder
Sides Rice Pilaf
Fresh Steamed Broccoli
Whole Wheat Dinner Roll
Dessert Peach Cobbler

FRI
6/2

Soup Chicken Matzo Ball
Salad Chopped Liver, Onion, Egg
Entrée Chicken Teriyaki
Entrée Onion Braised Beef Brisket
Sides Tzimmes
Oven-Roasted Brussel Sprouts
Rice
Dessert Apple Pie

SAT
6/3

Soup Mushroom Barley
Salad Israeli Salad
Entrée Gefilte Fish Plate
Entrée Cholent
Sides White Rice
Steamed Snap Peas & Carrots
Dessert Baklava

SUN
6/4

Soup Homemade Chunky Vegetable
Salad Roasted Red & Gold Beet Salad
Entrée Braised Short Ribs
Entrée Baked Tilapia
Sides Mashed Potatoes
Broccoli with Garlic
Dessert Almond-Apple Coffee Cake

Vegetarian Options:

*Pasta with Marinara Sauce
*Vegetable Burger
*Beyond Burger
*Tuna Salad
*Egg Salad
*Roasted Carrots
*Coleslaw
*Baked Sweet Potato
*Applesauce

Sunday—Wednesday and Friday

Grilled Boneless Chicken Breast (W)
Chicken Salad (W)
Hamburger

Beverages

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

Breakfast Menu

Hot Cereal

Oatmeal

Cream of Wheat

Cold Cereal

Fresh Fruit

Yogurt

Cottage Cheese

Orange

Banana

Prunes

Applesauce

Daily Breakfast Specials

M Belgian Waffles & Scrambled Egg

T Scrambled Eggs, Blueberry Muffin

W Pancake & Hard-Boiled Egg

TH Cheese Blintz with Berry Compote, Scrambled Egg

F Mushroom Spinach & Tomato Frittata, Vanilla Yogurt & Potato Latkes

S Lox And Bagel, Eggs

SU Matzo Brei & Vanilla Yogurt

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 # _____