

Breakfast Menu

Hot Cereal

Oatmeal
Cream of Wheat

Cold Cereal

Raisin Bran, Honey Nut
Cheerios, Cheerios,
Special K

Fruit

Fresh Fruit
Orange
Banana
Prunes
Applesauce

Dairy

Cottage Cheese
Yogurt

Daily Breakfast Specials

- M** Spinach Quiche, Sweet Potato Home Fries
- T** Pancake, Sausage Link
- W** Spinach and Tomato Frittata, Hash Brown
- TH** French toast, Breakfast Potato
- F** Waffles, Potato Latkes
- S** Lox and Bagel
- SU** **Sunday Brunch 9:00 am – 11:00 am**

Beverages

Hot Chocolate, Coffee, Decaf Coffee, Decaf Tea, Tea

Orange Juice, Apple Juice, Prune Juice or Cranberry Juice

Milk: Whole Milk, Fat Free, 2%,

Food and Nutrition Department

301-816-5030-Ring House

304-816-5068-Landow House

For menu adjustments or special request please contact the Food and Nutrition Department between 7:00am-8:30 am for breakfast and 2:00pm to 3:30pm for dinner.

Print Name _____

Signature _____

Apartment # _____

Lunch Menu

MON 20	Soup Salad Entrée Entrée Sides	Lentil Mesculin Caprese Sandwich Baked Trout Cilantro Rice Sweet Potato Casserole Roasted Root Vegetables Kale Sugar Cookies/Jello
	Dessert	
TUE 21	Soup Salad Entrée Entree Sides	Sweet Potato Bisque Mesculin Baked Tilapia Spinach Feta Pie Quinoa Navy Bean Garbanzo Swiss Chard Sauteed Onions and Mushrooms Vanilla Pudding/Jello
	Dessert	
WED 22	Soup App Entrée Entrée Sides	Butternut Squash Romaine Stuffed Shells Baked Flounder Potato Fries Orzo Collard Greens Sauteed Onions & Peppers Marble Cake/Jello
	Dessert	
THU 23	Soup Salad Entrée Entrée Sides	Navy Bean Garden Turkey Meatballs Seared Salmon Sweet Potato Fritters Kasha Varnishes Roasted Broccoli Sauteed Spinach Oatmeal Cookie/ Jello
	Dessert	
FRI 24	Soup Salad Entrée Entrée Sides	Split Pea Spring Mix Eggplant Rollantini Baked Pollock Quinoa Roasted Potato Roasted Vegetables Roasted Brussels Sprouts Blondie Bar/Jello
	Dessert	
SAT 25	Soup Salad Entrée Entrée Sides	Navy Bean Garden Beef Cholent Lemon Basil Flounder Baked Potato Wild Barley Pilaf Mix Garden Vegetables Roasted Brussels Sprouts Raspberry Sorbet/Jello
	Dessert	
SUN 26	Soup Salad Entrée Entrée Sides	Minestrone Romaine Chili Hot Dog BBQ Chicken Potato Fries Baked Beans Green Beans Collard Greens Frosted Chocolate Eclairs/Jello
	Dessert	

Also Available:

- * *Tuna Salad
- *Egg Salad
- * P & J Sandwich

Dinner Menu

MON 20	Soup Salad Entrée Entrée Sides	Italian Weeding Mesculin Rosemary Chicken Crusted Herb Flounder Mashed Rutabaga RH Couscous Grilled Eggplant RH Tarragon Carrots Chocolate Cake/Jello
	Dessert	
TUE 21	Soup Salad Entrée Entree Sides	Egg Drop Creamy Coleslaw Teriyaki Beef Strips Asian Chicken Stir Fry Egg Roll Steamed Broccoli and Cauliflower RH Pineapple Fried Rice RH Asian Mix Vegetables Blueberry Pie/Jello
	Dessert	
WED 22	Soup App Entrée Entrée Sides	Barley Mushroom Boxty and Smoked Salmon Beef Brisket Beef Knockwurst Smashed Red Potato RH Roasted Butternut Squash Carrots RH Sauteed Spinach Banana Bread Pudding/Jello
	Dessert	
THU 23	Soup Salad Entrée Entrée Sides	Manhattan Corn Chowder Caesar Baked Ziti Almondine Sole Mashed Potato RH Baked Acorn Squash Kale Garlic Bread Cheesecake/Jello
	Dessert	
FRI 24	Soup Salad Entrée Entrée Sides	Chicken Matzo Ball Gefilte Fish Roasted Chicken w/Honey Beef Brisket Brown Rice RH Tzimmes RH French Lentils Green Beans Chocolate Rugelach/Jello
	Dessert	
SAT 25	Soup Salad Entrée Entrée Sides	Sweet Potato Bisque Garden Salmon Roasted Turkey Mashed Potato Green Beans Mushroom Spaghetti Squash RH Quinoa RH Blueberry Crisp/Jello
	Dessert	
SUN 26	Soup Salad Entrée Entrée Sides	Vegetable Apple, Spinach and Carrots Meatloaf Baked Chicken Wild Rice w/Vegetables Sauteed Mushrooms & Zucchini Mashed Potato RH California Blend Vegetables RH Butter Pecan IC/Jello
	Dessert	

Also Available:

- * Spaghetti w/Marinara Sauce
- *Vegetable Burger
- *Tuna Salad
- *Egg Salad
- *Sauteed Spinach
- *Roasted Carrots
- *Coleslaw
- *Baked Sweet Potato
- *French Fries
- *Applesauce

Sunday—Wednesday and Friday

- Chicken Salad (W)
- Hamburger

Beverages

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

Thursday Only

- Western Omelet
- Cheese Omelet
- Beyond Burger
- Cheese Pizza
- Grilled Cheese with Tomato On Rye Bread
- Milk: Whole Milk, Fat Free, 2%,

Whole Fruit