

Breakfast 8:00 am - 9:30 am

Dinner 5:00 pm - 6:30 pm

weekly menu

JANUARY 10th- JANUARY 16th

Breakfast	SUN	MON	TUE	WED	THU	FRI	SAT
Entrée	Challah French Toast Boiled Eggs	Fried Eggs w/ Glazed Donuts	Blueberry Pancake Boiled Egg	Scrambled Eggs and Cheese w/ Potatoes O'Brien, Croissant	Frittata w/ English Muffin	Waffles Boiled Egg	White Fish Salad w/ Bagel and Cream Cheese
Hot Cereal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	
Cold Cereal (Please select one)	Raisin Bran, Honey Nut Cheerios, Cheerios, Special K	Raisin Bran, Honey Nut Cheerios, Cheerios, Special K	Raisin Bran, Honey Nut Cheerios, Cheerios, Special K	Raisin Bran, Honey Nut Cheerios, Cheerios, Special K	Raisin Bran, Honey Nut Cheerios, Cheerios, Special K	Raisin Bran, Honey Nut Cheerios, Cheerios, Special K	Raisin Bran, Honey Nut Cheerios, Cheerios, Special K
Fruit (Please select one)	Fresh Fruit Orange Banana Prunes Applesauce	Fresh Fruit Orange Banana Prunes Applesauce	Fresh Fruit Orange Banana Prunes Applesauce	Fresh Fruit Orange Banana Prunes Applesauce	Fresh Fruit Orange Banana Prunes Applesauce	Fresh Fruit Orange Banana Prunes Applesauce	Fresh Fruit Orange Banana Prunes Applesauce
Additional (Please select one)	Cottage Cheese Yogurt	Cottage Cheese Yogurt	Cottage Cheese Yogurt	Cottage Cheese Yogurt	Cottage Cheese Yogurt	Cottage Cheese Yogurt	Cottage Cheese Yogurt
Dinner	SUN	MON	TUE	WED	THU	FRI	SAT
Soup	White Bean	Tuscan Chicken	Beef Barley	Lentil	Cream of Mushroom	Chicken Matzo Ball	Split Pea
Salad	Spinach, Red Cabbage, w/ Orange Segments Ranch Dressing	Diced Tomato, Red Onion w/ Chopped Parsley Red Wine Dressing	Green Leaf Lettuce, Shredded Carrot w/ Beets Orange Vinaigrette	Spinach, Tomato, Red Onions w/ Sliced Eggs Italian Dressing	Caesar Caesar Dressing	Gefilte Fish	Chef Salad Raspberry Vinaigrette
Entrées (Please select one)	Stuffed Peppers * Chicken Rigatoni (W)	Chicken Fajita (W) * Beef Fajita	Baked Turkey Breast (W) * Beef Knish	Baked Barramundi (Fish) * Lamb Stew	Crispy Tofu w/Beets * Crusted Trout (Fish)	Braised Beef Brisket * Baked Salmon (Fish)	Spaghetti w/ Meat Sauce * Chicken Cacciatore (D)
Sides	Sweet Potato Wedges * Pearl Onions w/ Green Peas	Spanish Rice * Green Beans w/ Pico de Gallo	Mashed Potatoes * Lemon BBQ Carrots	Quinoa Pilaf * Tempura Cauliflower	Macaroni and Cheese * Spinach w/ Mushrooms	Fruit Kugel * Spaghetti Squash	White Rice * Zucchini w/ Tomato
Fresh Fruit	Apple	Banana	Pear	Orange	Apple	Banana	Orange
Dessert	Marble Cake Vanilla Ice Cream	Homemade Cookie Coffee Ice Cream	Apple Bunt Cake Strawberry Ice Cream	Berries and Cream Vanilla Ice Cream	Cheese Cake Moose Track Ice Cream	Chocolate Beet Cake Coffee Ice Cream	Rugalach Strawberry Ice Cream

weekly menu

Dinner Always Available

Vegetarian Options:

- *Sesame Tofu Lo Mien
- *Beyond Burger
- *Vegetable Burger
- *Spanakopita
- *Tuna Salad
- *Egg Salad
- *Peas
- *Carrots
- *Cauliflower
- *Baked Beans
- *Coleslaw
- *Baked Potato
- *Baked Sweet Potato
- French Fries
- *Applesauce

Thursday Only

- Grilled Cheese with Tomato On Rye Bread
- Western Omelet
- Cheese Omelet

Sunday—Wednesday and Friday

- Grilled Boneless Chicken Breast **(W)**
- Chicken Salad **(W)**
- Hot Dog w/ Sauerkraut
- Hamburger

• Also available on Thursday

- **(W):** White Meat
- **(D):** Dark Meat
- **(W/D):** White and Dark Meat

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%, Lactaid

Dinner Beverage

Ice Tea or Lemonade

Coffee, Decaf Coffee, Decaf Tea, Tea

Milk: Whole Milk, Fat Free, 2%, Lactaid *(Thursday Only)*

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.

Breakfast 8:00 am - 9:30 am

Dinner 5:00 pm - 6:30 pm (Approximately)

menu

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Beef Barley Soup	White Bean Soup	Tuscan Chicken Soup	Vegetable Soup	Lentil Soup	Chicken Noodle Soup

Scratch Soups 1.50
French Fries 2.00
From The Deli 5.00
 Bagel and Lox
 Salami Sandwich
 Turkey Sandwich
 Turkey Pastrami Sandwich
 Corn Beef Sandwich
 Chicken Salad Sandwich
 Tuna Salad Sandwich
 Egg Salad Sandwich
Hot Dog
Hamburger
Vegetable Burger
Beyond Burger

Your choice of:
Rye, Pumpernickel, White, Wheat or Multi Grain Bread
Gluten-Free: White Bread

- Items from the deli comes with coleslaw or a bag of chips, pickle and a can of soda.
- Sandwiches: Are served with lettuce, tomatoes and onions.

vegetarian



	<i>(Please circle each item)</i>		Items/Request	
1/10/2021 Sunday	Bagel and Lox Chicken Salad Tuna Salad	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
1/11/2021 Monday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Turkey		
1/12/2021 Tuesday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
1/13/2021 Wednesday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
1/14/2021 Thursday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
1/15/2021 Friday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
1/16/2021 Saturday	Bagel and Lox Chicken Salad Tuna Salad	Egg Salad Turkey		

Bottle Soda 1.50
Milk 1.50
Soy Milk 2.89 (32 FL OZ)
Almond Milk 1.25 (8 FL OZ)
Orange Juice 1.50
Apple Juice 2.00
Lemonade 1.50
Ice Tea 1.50
Can Soda .80

- Sprite
- Sprite Zero
- Coke
- Diet Coke
- Ginger Ale
- Diet Ginger Ale
- Fanta
- Fresca: Grapefruit Citrus
- Dr. Brown Cream Soda
- Dr. Brown Diet Cream Soda
- Dr. Brown Root Beer
- Dr. Brown Black Cherry
- Dr. Brown Diet Black Cherry



Fresh Fruit Cup 2.50
On The Go Salad
Garden Salad 2.50
Egg Salad 2.50
Chicken Salad 2.50
Tuna Salad 2.50
Dessert
 Oreo Cookies 1.00
 Nutter Butter Cookies 2.50
 Oatmeal Raisin Cookies 1.00
 Chocolate Chip Cookies 1.00
 Rugelach 1.00
Snack Special
 Hershey's Cookies and Cream 1.00
 Hershey's Dark Chocolate 1.00
 Hershey's Milk Chocolate 1.00
 Reese's 1.00
 3 Musketeers
 Twix 1.00
 Almond Joy 1.00
Ice Cream Special
 Ice Cream Sandwich 1.00
 King Cone 2.50
 Magnum Ice Cream Bar 2.50
 Klondike Bar 2.50
 Strawberry Shortcake 1.75
 Toasted Almond 1.75
Haagen-Dazs Pint 3.75
 Chocolate, Vanilla and Coffee

Print Name: _____
Signature: _____
Apartment #: _____
Date: _____

Note: Additional menus will be available at the front desk. Lunch delivery times are from 12:00pm-2:00pm. Please make payment arrangements with Belinda Barnum in the business office.

FIT menu items are balanced in nutrients and rich in fruits, vegetables and whole grains.