

# weekly menu

JANUARY 17<sup>th</sup>- JANUARY 23<sup>th</sup>

Breakfast	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Entrée</b>	Challah French Toast Boiled Eggs	Scrambled Eggs with Vegetarian Sausage English Muffin	Blueberry Pancake Boiled Egg	Scrambled Eggs and Cheese with Potatoes O'Brien, Croissant	Frittata with English Muffin	Waffles Boiled Egg	Schmear with Bagel
<b>Hot Cereal</b>	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
<b>Cold Cereal</b> (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
<b>Fruit</b> (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
<b>Additional</b> (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
<b>Soup</b>	Chickpea	Minnesota Wild Rice	Turkey Noodle	Winter Vegetable	Classic Tomato	Chicken Matzo Ball	Beef Noodle
<b>Salad</b>	Tossed Salad <b>Ranch Dressing</b>	Iceberg Lettuce ,Green Leaf Lettuce, Barley ,Tomatoes, Peppers <b>Red Wine Dressing</b>	Mesclun, Tomatoes, Cucumbers, Shredded Carrots <b>Orange Vinaigrette</b>	Green Leaf Lettuce, Craisins, Mandarin Orange <b>Italian Dressing</b>	Romaine Lettuce, Kalmata Olives, Green Beans, Eggs, Blue Cheese Crumble <b>Ranch Dressing</b>	Couscous, Beets, Walnut Herring Wine Sauce	Chef Salad <b>Raspberry Vinaigrette</b>
<b>Entrées</b> (Please select one)	Seafood Cake * Veal Roast with Onions	Fried Chicken (withD) * Fried Tilapia	Baked Barramundi (Fish * Braised Beef Ragù	BBQ Chicken (withD) * Fried Pierogis with Sausage	Baked Flounder * Beyond Lasagna (Garlic Bread)	Braised Beef Brisket * Roasted Chicken (withD)	Beef Cholent * Fish Vera Cruz
<b>Sides</b>	Broccoli * Mashed Potato	Macaroni and Cheese Candy Yams Corn Bread * Collard Greens	Vegetable Orzo * Edamame Succotash	Potato Wedges * Spinach	Lyonnaise Potato * Mixed Vegetable	Sweet Potato Tzimmes * Zucchini	Farro Walnut Pilaf * Golden Beet
<b>Fresh Fruit</b>	Apple	Pear	Banana	Orange	Apple	Banana	Orange
<b>Dessert</b>	Pound Cake Vanilla Ice Cream	Banana Bread Pudding Coffee Ice Cream	Lemon Meringue Pie Strawberry Ice Cream	Ambrosia Vanilla Ice Cream	Tiramisu Moose Track Ice Cream	Blondies, Brownies Coffee Ice Cream	Cookies Strawberry Ice Cream

Breakfast 8:00 am - 9:30 am

Dinner 5:00 pm - 6:30 pm

**(W):** White Meat **(D):** Dark Meat **(withD):** White and Dark Meat

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## Dinner Always Available

### Vegetarian Options:

- \*Sesame Tofu Lo Mien
- \*Beyond Burger
- \*Vegetable Burger
- \*Spanakopita
- \*Tuna Salad
- \*Egg Salad
- \*Peas
- \*Carrots
- \*Spinach
- \*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 with Sauerkraut
- Hamburger

- Also available on Thursday

### 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)


## Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Beef Barley Soup	Chickpea Soup	Minnesota Wild Rice Soup	Turkey Noodle Soup	Winter Vegetable 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.



Date	Food Order <i>(Please circle each item)</i>	Additional Items/Request	Total
1/17/2021 Sunday	Bagel and Lox Chicken Salad Tuna Salad	Egg Salad Hamburger Hot Dog Turkey Beyond Burger	
1/18/2021 Monday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Turkey	
1/19/2021 Tuesday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger	
1/20/2021 Wednesday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger	
1/21/2021 Thursday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger	
1/22/2021 Friday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger	
1/23/2021 Saturday	Bagel and Lox Chicken Salad Tuna Salad	Egg Salad Turkey	

**Bottle Water** 1.50  
**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

**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.

**Seasonal**  
 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**  
 Stacy's Pita Chips 1.00  
 Cheeze It Snap'd 1.29  
 Cheez IT Original 0.79  
 Pringles 1.09  
 Nutri Grain Bar 1.00  
 Hershey's Cookies & 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*