

# MENU

## Breakfast

Ring House

Meal Time:  
8:30am-10:30am



SU  
18

French Toast  
(Regular Syrup or SF Syrup)

**FIT** Oatmeal  
 **FIT** Fresh Fruit

M  
19

Fried Egg  
 Vegetarian Sausage  
English Muffin

**FIT** Oatmeal  
 **FIT** Fresh Fruit

T  
20

Old Fashion Pancakes  
(Regular Syrup or SF Syrup)

**FIT** Vegetarian Sausage  
 **FIT** Oatmeal  
 **FIT** Fresh Fruit

W  
21

Scrambled Eggs and Cheese  
 O'Brien Potatoes  
Croissant

**FIT** Oatmeal  
 **FIT** Fresh Fruit

TH  
22

Spinach Quiche  
Assorted Bread Basket

**FIT** Oatmeal  
 **FIT** Fresh Fruit

F  
23

Blueberry Pancake  
(Regular Syrup or SF Syrup)

**FIT** Oatmeal  
 **FIT** Fresh Fruit

S  
24

White Fish salad  
Bagel & Cream Cheese  
 **FIT** Fresh Fruit

### Daily Continental Options

Boiled Egg  
Cold Cereal  
(Chex, Honey Nut Cheerios, Cheerios)  
Yogurt  
Applesauce or Prunes  
Banana and Orange

### Daily Bread Basket

Raisin Bread  
English Muffin  
Bagel  
Rye Bread  
White Bread  
Wheat Bread

### Beverage

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

vegetarian



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

# M E N U

## Dinner

### Ring House

Meal Time:  
5:30pm-7:30pm



<p><b>SU</b> <b>18</b></p> <p><b>Beef Noodle Soup</b></p> <p><b>Tossed Salad</b></p> <p> Ranch or Italian Dressing</p> <p> <b>Baked Tilapia</b> (Confetti Orzo and Baby Carrots)</p> <p><b>Oven Fried Chicken</b> (Yukon Potato and Kale)</p> <p><b>Cherry Cobbler</b></p>	<p><b>M</b> <b>19</b></p> <p><b>Porrusalda Soup:</b> Leek and potato</p> <p> <b>Tomato Olive Salad</b> Red Wine Dressing</p> <p><b>Spinach and Chickpea Entrée Salad</b> (Potato Pobre and Green Pea)</p> <p><b>Chicken Paella</b> (SamFiana: Eggplant )</p> <p><b>Rabo De Toro: Beef Ragù</b> (Potato Pobre and SamFiana)</p> <p><b>Torte De Santiago</b></p>
<p><b>T</b> <b>20</b></p> <p> <b>Fall Veg Soup</b></p> <p> <b>Spinach and Egg Salad</b> Balsamic Vinaigrette</p> <p><b>Mustard Braised Chicken</b> (White Rice and Beets)</p> <p><b>Baked Barramundi (Fish)</b> (Sweet Potato Hash and Green Bean)</p> <p><b>Baklava</b></p> <p><b>Fresh Fruit: Peaches</b></p>	<p><b>W</b> <b>21</b></p> <p> <b>Tukey Noodle Soup</b></p> <p> <b>Radish and Olive Salad</b> Ginger Dressing</p> <p><b>Shepherds Pie</b> (Cabbage with Vegetables)</p> <p><b>Lemon Garlic Chicken</b> (Couscous Pilaf and Cabbage with Vegetables)</p> <p><b>Apple Pie</b></p>
<p><b>TH</b> <b>22</b></p> <p> <b>Broccoli Cheddar Soup</b></p> <p> <b>Tabbouleh Salad</b> Red Wine Dressing</p> <p> <b>Fish Cake</b> (Macaroni &amp; Cheese and Spinach)</p> <p> <b>Eggplant Parmesan</b> (Macaroni &amp; Cheese and Spinach)</p> <p><b>Cheese Cake</b></p> <p><b>Fresh Fruit: Apple</b></p>	<p><b>F</b> <b>23</b></p> <p> <b>Chicken Matzo Soup</b></p> <p> <b>Garden Salad</b> Thousand Island or Italian Dressing</p> <p>Chopped Chicken Liver</p> <p><b>Braised Brisket</b> (Red Potato and Red Cabbage)</p> <p><b>Salmon</b> (Kasha Bowtie and Green Bean onion)</p> <p><b>Peach Upside Down</b></p>
<p><b>S</b> <b>24</b></p> <p> <b>Lentil</b></p> <p> <b>Tossed Salad</b> Ranch or Italian Dressing</p> <p> <b>Chicken Stew</b> (Rice Pilaf and Green Pea)</p> <p><b>Spaghetti Meat sauce</b> ( Green Pea)</p> <p><b>Homemade Cookies</b></p>	 <p>vegetarian</p>

**Beverage**

Apple Cider, Ice Tea or Lemonade  
Coffee, Decaf Coffee, Decaf Tea or Tea

**Always Available Dinner Items:**

- \*Tofu Lo Mien (**Saturday**)
- Fish of the week : Trout
- \*Ribeye Steak - **\$2.50 additional cost**
- \*Grilled Chicken
- \* Chicken Salad (**Thursday**)
- Tuna Salad
- Egg Salad
- Grilled Cheese and Tomato on Rye
- (available only on Thursday's)
- \*Hamburger
- \*Hot Dog & Sauerkraut
- Beyond Burger (**Saturday**)
- \*Vegetable Burger (**Saturday**)
- Cauliflower
- \*French Fries
- Carrots
- Green Peas
- Cauliflower
- Baked Potato
- Sweet Potato

**\*Not available on Thursday's and Saturday's**

For vegetarian options and always available items, please call the Food and Nutrition Department at 301-816-5030. Please Place Your Order By

- 7:00 AM For Breakfast
- 2:00 PM For Dinner