

MENU

Breakfast

Ring House

Meal Time:

8:00am-9:30am

Approximately



Daily Continental Options

Boiled Egg

Cold Cereal

(Chex, Honey Nut Cheerios, Cheerios)

Yogurt and Cottage Cheese

Applesauce or Prunes

Banana and Orange

Sliced Cheese

Swiss Cheese

American Cheese

Daily Bread Option

Raisin Bread

White Bread

Wheat Bread

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

SU
22

 **Challah French Toast**
(Regular Syrup or SF Syrup)

 **FIT** Oatmeal

 **FIT** Fresh Fruit

M
23


 **Fried Eggs**
 **Vegetarian Sausage**

English Muffin

 **FIT** Oatmeal

 **FIT** Fresh Fruit

T
24

 **Belgium Waffles**
Strawberry Compote

Vegetarian Sausage

 **FIT** Oatmeal

 **FIT** Fresh Fruit

W
25

Scrambled Eggs and Cheese
Potatoes O'Brien

Croissant

 **FIT** Oatmeal

 **FIT** Fresh Fruit

TH
26

 **Vegetable Quiche**
 **FIT** **Vegetarian Sausage**

 **FIT** Oatmeal

 **FIT** Fresh Fruit

F
27

Blueberry Pancake
(Regular Syrup or SF Syrup)

 **FIT** Oatmeal

 **FIT** Fresh Fruit

S
28

 **Lox and Bagel**
Bagel & Cream Cheese

 **FIT** Fresh Fruit



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:
5:00pm-6:30pm
Approximately

Available Daily

Fish of the Week- Mahi Mahi
Tuna Salad
Egg Salad
Peas
Spinach
Carrots
Cauliflower
Baked Beans
Coleslaw
Applesauce

Sunday—Tuesday Thursday-Friday

Grilled Boneless Chicken Breast
Chicken Salad
Hot Dog w/ Sauerkraut
Hamburger
*Beyond Burger
*Vegetable Burger
*Sesame Tofu Lo Mien
*Spanakopita
*French Fries
*Baked Potato
*Baked Sweet Potato

Wednesday Only

Grilled Cheese/with Tomato On Rye
Western Omelet
Cheese Omelet

*Also available on Wednesday

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
- 3:00 PM For Dinner



SU
22

Corn Chowder

Chef Salad

Ranch or Italian Dressing

Apricot Chicken

(Acorn Squash, Sautéed Peppers)

Baked Salmon

(Acorn Squash, Swiss Chard)

7 Layer Cake

Ice Cream: Chocolate

Fruit: Apple

T
24

Belgium Hotch Pot Soup

Root Vegetable Salad

Lemon Vinaigrette

Flemish Beef and Lamb Stew

(Fries)

Gentse Waterzooi (Chicken Stew)

(Green Beans)

Peren Tart (Pear Tart)

Ice Cream: Pistachio

Fruit: Orange

TH
26

Roasted Parsnip Soup

Baby Arugula and Dates Salad

Red Wine Dressing

Cranberry Ginger Salmon

(Apple Kugel, Broccoli Casserole)

Roasted Turkey and Cranberry Sauce

(Challah Fig Stuffing, Candied Sweet Potato)

Pecan Pie or Apple Pie

Ice Cream: Vanilla

Fruit: Pear

Thanksgiving Meal Times:

4:00pm-5:30pm

M
23

Chicken Noodle Soup

Garden Salad

Citrus Dressing

Roast Beef

(Mashed Potato, Mixed Vegetables)

Seafood Cake

(Mashed Potatoes, Red Cabbage)

Strawberry Mousse Cake

Ice Cream: Coffee

Fruit: Pear

W
25

Tomato Soup

Caesar Salad

Caesar Dressing

Trout with Lemon Caper Sauce

(Basmati Rice, Kale)

Mushroom Linguini

(Garlic Bread, Eggplant)

Chocolate Mousse

Ice Cream: Butter Pecan or Moose Track

Fruit: Apple

F
27

Chicken Matzo Ball Soup

Garden Salad

Thousand Island or Italian Dressing

Herring in Wine Sauce

Roasted Chicken

(Yukon Potato, Zucchini and Yellow Squash)

Braised Brisket

(Yukon Potato, Zucchini and Yellow Squash)

Opera Cake

Ice Cream: Strawberry

Fruit: Orange

S
28

White Bean Soup

Tossed Salad

Ranch or Italian Dressing

Beef Chili

(Cornbread, Golden Beets)

Blackened Tilapia

(Rice Pilaf, Collard Greens)

Deli Sandwich: Turkey Pastrami on Rye

(Potato Salad, Coleslaw and Pickle)

Brownies

Ice Cream: Vanilla Fudge

Fruit: Apple



vegetarian

Beverage



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

FIT

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

menu


Lunch

- 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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lentil Soup	Corn Chowder Soup	Chicken Noodle Soup	Vegetable Soup	Tomato Soup	Chicken Vegetable Soup
<i>(Please circle each item)</i>					
			Items/Request		
11/22/2020 Sunday	Bagel and Lox Chicken Salad Tuna Salad	Egg Salad Hamburger Hot Dog Turkey Beyond Burger			
11/23/2020 Monday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Turkey			
11/24/2020 Tuesday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger			
11/25/2020 Wednesday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger			
11/26/2020 Thursday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger			
11/27/2020 Friday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger			
11/28/2020 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**
- 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

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.



HAPPY
thanksgiving

Roasted Parsnip Soup

Baby Arugula and Dates Salad
(Red Wine Dressing)

Cranberry Ginger Salmon
Apple Kugel and Broccoli Casserole

Roasted Turkey
Challah Fig Stuffing and Candied Sweet Potato

Pecan Pie or Apple Pie
Vanilla Ice Cream

Thanksgiving Dinner Celebration
November 26, 2020
Dinner Order Form

Meal Times:

4:00 PM - 5:30PM

Meal Pricing:

\$18 Adult

Please fill out the bottom part of this form and return it to the Concierge Desk by 4:00pm on Wednesday November 25th .

To pay by check: Please make your check payable to: Ring House:
Memo: Holiday Meal

EFT payment also available to residents with account setup
For more information call Belinda Barnum at 301-816-5006

Resident Name: _____ Apartment #: _____
Phone #: _____

_____ # of Roasted Parsnip Soup

_____ # of Baby Arugula and Dates Salad
(Red Wine Dressing)

_____ # of Cranberry Ginger Salmon
Apple Kugel and Broccoli Casserole

_____ # of Roasted Turkey
Challah Fig Stuffing and Candied Sweet Potato

_____ # of Pecan Pie or _____ # of Apple Pie (please select one)
_____ # of Vanilla Ice Cream