

menu


Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
White Bean Soup	Beef Noodle Soup	Cullen Skink Soup	Garden Vegetable Soup	Turkey Soup	Chicken 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.




	<i>(Please circle each item)</i>		Items/Request	
11/29/2020 Sunday	Bagel and Lox Chicken Salad Tuna Salad	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
11/30/2020 Monday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Turkey		
12/1/2020 Tuesday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
12/2/2020 Wednesday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
12/3/2020 Thursday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
12/4/2020 Friday	Bagel and Lox Chicken Salad Tuna Salad Turkey Pastrami	Egg Salad Hamburger Hot Dog Turkey Beyond Burger		
12/5/2020 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

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.



weekly menu

November 29th- December 5th

Breakfast	SUN	MON	TUE	WED	THU	FRI	SAT
	Challah French Toast	Fried Egg w/ Vegetarian Sausage	Waffles w/ Vegetarian Sausage	Scrambled Eggs and Cheese w/ Potatoes O'Brien, Croissant	Cheese Bourekas w/ Scrambled Eggs	Blueberry Pancake	White Fish Salad w/ Bagel and Cream Cheese
Hot Cereal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	
Fruit <i>(Please select one)</i>	Fresh Fruit Orange Banana	Fresh Fruit Orange Banana	Fresh Fruit Orange Banana	Fresh Fruit Orange Banana	Fresh Fruit Orange Banana	Fresh Fruit Orange Banana	Fresh Fruit Orange Banana
DINNER							
Soup	Beef Noodle	Cullen Skink	Garden Vegetable	Turkey Noodle	Potato Cheddar	Chicken Matzo Ball	Split Pea
Salad	Chef Salad Ranch Dressing	English Garden Salad Mustard Dressing	Cucumber Dill Lemon Vinaigrette	Garden Salad Italian Dressing	Caesar Salad Caesar Dressing	Tossed Salad Thousand Island Dressing	Garden Salad Raspberry Vinaigrette
Entrées <i>(Please select one)</i>	Chicken Stew * Pot Roast	Beef Wellington * Bangers and Mash	Cornish Hen * Seafood Cake	Baked Mahi-Mahi * Roasted Chicken	Fish & Chips * Vegetarian Shepherd's Pie	Braised Briskets * Salmon	Spaghetti and Meat Sauce * Chicken Cholent
Sides	Potato Wedges * Mushrooms	Mash Potatoes * Escarole	Faro * Mixed Vegetables	Mashed Sweet Potato * Spinach	Mashed Peas	Kasha Bowtie * Zucchini	White Rice * Golden Beets
Dessert <i>(Please select one)</i>	Fresh Fruit: Apple Jelly Filled Cookies Chocolate Ice Cream	Fresh Fruit: Peach Trifle Pistachio Ice Cream	Fresh Fruit: Pear Chocolate Mocha Cake Coffee Ice Cream	Fresh Fruit: Orange Rainbow Cake Vanilla Fudge Ice Cream	Fresh Fruit: Apple Scones with Cream Moose Track Ice Cream	Fresh Fruit: Banana Ginger Bread Strawberry Ice Cream	Fresh Fruit: Orange Marble Cake Cookies and Cream Ice Cream

Breakfast 8:00 am - 9:30 am

Dinner 5:00 pm - 6:30 pm



weekly menu

November 29th- December 5th

Daily Breakfast Continental

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

Print Name: _____

Signature: _____

Apartment #: _____

Date: _____

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

Dinner Always Available

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

Sunday—Wednesday

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

Thursday Only

Grilled Cheese with Tomato
On Rye
Western Omelet
Cheese Omelet

*** Also available on Thursday**