

Breakfast 8:00 am - 9:30 am

Dinner 5:00 pm - 6:30 pm

# weekly menu

July 25<sup>th</sup> - July 31<sup>th</sup>

Breakfast	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Entrée</b>	Challah French Toast Boiled Eggs	Scramble Eggs And Peppers Potatoes	Blueberry Pancakes Boiled Eggs	Scramble eggs Croissants	Fried Eggs English Muffin Assorted Muffins	Old Fashion Pancakes	LOX Salad Bagel Lettuce Tomatoes, Onions
<b>Hot Cereal</b>	Oatmeal Cream Of wheat	Oatmeal Cream Of wheat	Oatmeal Cream Of wheat	Oatmeal Cream Of wheat	Oatmeal Cream Of wheat	Oatmeal Cream Of wheat	
<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, 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>	Chicken Noodle	Minnesota Wild rice	Lentil	Greek Lemon	Classic Tomato	Chicken Matzo Ball	Lemongrass Chicken
<b>Salad</b>	Mixed Greens , Red Onion , Yellow Peppers Radish , Tomato	Iceberg , Fried onion Green olive, Tomato	Cucumber ,Fennel, Dill	Romaine, roasted corn , Tortilla Strips ,Green Pepper, Cilantro	Romaine, Croutons Feta Cheese ,Tomato	Chopped Chicken Liver	Salad mix ,carrots ,Cumber, Tomato
<b>Homemade Dressing of the Week</b>	<b>Balsamic Vinaigrette</b>	<b>Balsamic Vinaigrette</b>	<b>Balsamic Vinaigrette</b>	<b>Balsamic Vinaigrette</b>	<b>Balsamic Vinaigrette</b>		<b>Balsamic Vinaigrette</b>
<b>Entrées</b> (Please select one)	Cornmeal Crusted Trout * Pepper steak	Turkey Meatball * Lemon dill Tilapia	<i>Roasted Beef</i> * <i>Roasted Chicken</i>	California Fried Chicken Sandwich * Hamburger	Stuffed Peppers * Baked Flounder with Artichoke	<i>Baked Salmon</i> * <i>Braised Brisket</i>	Pastrami Sandwich with LT * Chicken Cacciatore
<b>Sides</b>	Rice Pilaf * Broccoli	Spaghetti * Green Bean	Mashed potato * Yellow Squash Red Pepper	Sweet Potato Fries * Mixed Vegetables	Couscous with Spinach * Oven Fried Eggplant	Potato Kugel * Sweet Potato Carrot Tzimmes	Brown Rice Raisin Pilaf/Potato Chips * Golden Beets
<b>Fresh Fruit</b>	Red Apples	Bananas	Oranges	Green Apples	Bananas	Oranges	Red Apples
<b>Dessert</b> (Please select one)	7 Layer cake Ice Cream	Apple Pie A La Mode Ice Cream	Marmalade Pound Cake Ice Cream	Assorted Cookies Ice Cream	Tiramisu Ice Cream	Chocolate Lava cake Ice Cream	Rugalach Ice Cream



# weekly menu

## 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)*

## Dinner Always Available

### Vegetarian Options:

\*Tofu Green Bean Stir fry Brown rice

\*Vegetable Burger

\*Tuna Salad

\*Egg Salad

\*Peas

\*Carrots

\*Baked Beans

\*Coleslaw

\*Baked Potato

\*Baked Sweet Potato

French Fries

\*Applesauce

### Thursday Only

Grilled Cheese with Tomato On Rye Bread

Western Omelet

Cheese Omelet

\*Beyond Burger

Cheese Pizza

### Sunday—Wednesday and Friday

Grilled Boneless Chicken Breast (W)

Chicken Salad (W)

Hot Dog w/ Sauerkraut

Hamburger

**\*Also available on Thursday**

**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.**