

# Weekly Dinner Menu

<b>MON</b> <b>18</b>	Soup	Three Bean Chili
	Salad	Tossed Green Salad
	Entrée	BBQ Chicken Quarter
	Entrée	Beef Knockwurst
	Sides	Potato Salad Peas
	Dessert	Red Velvet Cookies
<b>TUE</b> <b>19</b>	Soup	Garden Vegetable Soup
	Salad	Spinach & Cranberry Salad
	Entrée	Tuscan Chicken
	Entrée	Baked Pollock
	Sides	Herbed Couscous Carrots
	Dessert	Carrot Cake
<b>WED</b> <b>20</b>	Soup	Chicken Noodle Soup
	Salad	Salad tossed w/ Marinated Tomatoes
	Entrée	Baked Chicken Legs
	Entrée	Shaved Fennel Salad with Baked Salmon
	Sides	Kale Herbed Egg Noodles
	Dessert	Coffee Cake
<b>THU</b> <b>21</b>	Soup	Tomato Soup
	Salad	Salad tossed w/ Marinated Cucumbers
	Entrée	Herb Crusted Flounder
	Entrée	Spinach & Feta Pie
	Sides	Green Beans Orzo Pasta
	Dessert	Apple Cake
<b>FRI</b> <b>22</b>	Soup	Chicken Matzo Ball Soup
	Salad	Gefilte Plate
	Entrée	Beef Brisket w/Onion Gravy
	Entrée	Teriyaki Flavored Chicken Thighs
	Sides	Noodle Kugel Tzimmes
	Dessert	Apple Crisp
<b>SAT</b> <b>23</b>	Soup	French Onion Soup
	Salad	Beef Chopped Liver
	Entrée	Beef Pepper Steak
	Entrée	Baked Chicken Thighs
	Sides	Rice Corn
	Dessert	Yellow Cake
<b>SUN</b> <b>24</b>	Soup	Chicken Tortellini Soup
	Salad	Spinach & Orzo Salad
	Entrée	Smothered Chicken Thighs
	Entrée	Salmon
	Sides	Mashed Potatoes Broccoli
	Dessert	Brownie

## Vegetarian Options:

- \*Vegetarian Burger
- \* Hot Dog w/ Sauerkraut
- \*Beyond Burger
- \*Tuna Salad
- \*Egg Salad
- \*Roasted Carrots
- \*Green Beans
- \*Coleslaw
- \*Baked Sweet Potato
- \*Baked Potato
- \*Applesauce

## Beverages

- Iced Tea or Lemonade
- Coffee, Decaf Coffee, Decaf Tea, Tea

**PLEASE SEE CUBIGO  
FOR DAILY UPDATES**

# Breakfast Menu

## Hot Cereal

Oatmeal  
Cream of Wheat

Cold Assorted  
Cereals

Fresh Fruit  
Yogurt  
Cottage Cheese  
Orange  
Banana  
Prunes  
Applesauce

## Daily Breakfast Specials

- SU** Sunday Brunch
- M** Waffles, Scrambled Eggs
- T** Blueberry Muffin, Scrambled Eggs
- W** Pancake, Scrambled Eggs
- TH** Cheese Blintz, Scrambled Eggs
- F** Assorted Danish, Scrambled Eggs
- S** Hard Boiled Egg, Lox & Cream  
Cheese with Bagels

## Beverages

Milk, 2%, Soy Hot Chocolate, Coffee,  
Decaf Coffee, Tea, Decaf Tea

Orange Juice, Apple Juice, Prune Juice  
or Cranberry Juice

### **Food and Nutrition Department**

**301-816-5030 Ring House**

**304-816-5068 Landow House**

**For menu adjustments or special requests please contact the Food and Nutrition Department between 7:00am-8:30am for breakfast and 2:00pm to 3:30pm for dinner.**

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Apartment # \_\_\_\_\_