

weekly menu

SUN 21	Soup	Beef Noodle Soup
	Salad	Iceberg, Black Bean and Peppers
	Entrée	Chicken In Mushroom Sauce
	Entrée	Asian Sea Bass with Juliene
	Sides	Vegatables
	Dessert	Roasted Yukon Potato Herb Cauliflower Peach Cobbler With Ice Cream

MO 22	Soup	Navy Bean Soup
	Salad	Salad Mix ,Tomato, Cucumber
	Entrée	Turkey Meatloaf Cranberry Relish
	Entree	Seafood Cake
	Sides	Parsley Egg Noodle Broccoli
	Dessert	Assorted Cookies

TU 23	Soup	Garden Vegetable
	Salad	Salad Mix ,Tomato , Cucumber
	Entrée	Beef Stew
	Entrée	Lemon Herb Trout
	Sides	Green Bean CousCous Pilaf
	Dessert	Cherry Pie

WE 24	Soup	Mushroom Barley
	Salad	Chopped Sardine
	Entrée	Apricot Baked Chicken
	Entrée	Crispy Oven Baked Tilapia
	Sides	Potato Knish Spinach
	Dessert	Honey Cake

TH 25	HAPPY THANKSGIVING Dinner 1 st 3pm 2 nd seating 4:30pm	
	Soup	Roasted Parsnip
	Salad	Mixed Greens , Dates, Tomato ,Pickled Onion
	Entrée	Whole Roasted Turkey
	Entrée	Cranberry Ginger Salmon
	Sides	Challah fig stuffing Apple Kugel Green Bean Casserole
Dessert	Apple, or Pecan Pie	

FRI 26	Soup	Chicken Matzo Ball
	Salad	Herring in Wine
	Entrée	Braised Brisket
	Entrée	Herb Roasted Cornish Hen
	Sides	Kasha Bowtie ' Red Cabbage
	Dessert	Strawberry Shortcake

SAT 27	Soup	Lentil
	Salad	Salad Mix, cucumber ,Tomato
	Entrée	Turkey Pastrami on Rye/ Chips
	Entrée	Beef Cholent
	Sides	White Rice Red Beets
	Dessert	Assorted Cookies

Morning Riser Breakfast Specials

SUN	Challah French Toast Scramble Eggs
M	Egg White and Spinach Tomato English Muffin
T	Chocolate Chip Pancake Scramble Egg
W	Fried Egg, Crossiant
TH	Scramble Eggs With Cheese
F	Tomatoes, Feta Cheese Quiche
SAT	White Fish Salad with Bagel

Hot Cereal

Oatmeal
Cream of Wheat

Cold Cereal

Raisin Bran, Honey Nut Cheerios,
Cheerios, Special K

Fruit

Fresh Fruit

Orange

Banana

Prunes

Applesauce

Additional

Cottage Cheese

Yogurt

Daily Hand Fruit

M Orange

TU Pear

WE Apple

TH Orange

FR Pear

SAT Apple

SUN Banana

Breakfast 8:00 am - 10:00 am

Dinner 4:30 pm - 7:30 pm

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%,

Dinner Beverage

Ice Tea or Lemonade

Coffee, Decaf Coffee, Decaf Tea, Tea

Milk: Whole Milk, Fat Free, 2%, **(Thursday Only)**

Vegetarian Options:

*Spaghetti with Tomato Sauce

*Vegetable Burger

*Tuna Salad

*Egg Salad

*Peas

*Carrots

*Baked Beans

*Coleslaw

*Baked Potato

*Baked Sweet Potato

French Fries

*Applesauce

Thursday Only

Western Omelet

Cheese Omelet

Beyond Burger

Cheese Pizza

Grilled Cheese with Tomato On Rye Bread

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.

PICK UP

Breakfast 8:00 am - 10:00 am

DELIVERY

Dinner 4:30 pm - 7:30 pm (Approximately)