

Weekly Dinner Menu

SUN
16

Soup
Salad
Entrée
Entrée
Sides

Dessert

Beef kreplach Soup
Iceberg, Black Bean and Peppers
Chicken In Mushroom Sauce
Asian Sea Bass with Julienne Vegetables
Pierogies Casserole
Herb Cauliflower
Assorted Dessert

Vegetarian Options:

*Spaghetti with Tomato Sauce
*Crispy Tofu with Brown Rice
*Vegetable Burger
*Tuna Salad
*Egg Salad
*Peas

MO
17

Soup
Salad
Entrée
Entree
Sides

Dessert

Black Eye Pea
Cucumber Tomato, Red Peppers, Corn
Country Fried Chicken
Creole Trout
Sweet Mashed Potato
Braised Collard Greens
Pecan Pie

*Carrots
*Baked Beans
*Coleslaw
*Baked Potato
*Baked Sweet Potato
French Fries

TU
18

Soup
Salad
Entrée
Entrée
Sides

Dessert

Garden Vegetable
Salad Mix ,Tomato, Cucumber
Chicken Burger with Avocado
Seafood Cake
Green Bean
Shoestring Fries
Strawberry and Blueberry Fool

*Applesauce

Sunday—Wednesday and Friday

Grilled Boneless Chicken Breast (W)
Chicken Salad (W)
Hot Dog w/ Sauerkraut
Hamburger

WE
19

Soup
Salad
Entrée
Entrée
Sides

Dessert

Lentil
Mixed Greens , Cucumber, Tomato
Chili con carne lasagna
Chicken Quesadilla
Spanish Rice /Sweet Plantains
Spinach/ Guacamole, Pico De Galo
Honey Cake

Beverages

Ice Tea or Lemonade
Coffee, Decaf Coffee, Decaf Tea, Tea

TH
20

Soup
Salad
Entrée
Entrée
Sides

Dessert

Cream of Spinach Artichoke
Mini Quiche with Hollandaise
Herb Crusted Salmon
Eggplant Parmesan
Macaroni and Cheese
Spinach
Cherry Pie

Thursday Only

Western Omelet
Cheese Omelet
Beyond Burger
Cheese Pizza
Grilled Cheese with Tomato On Rye Bread
Milk: Whole Milk, Fat Free, 2%,

FRI
21

Soup
Salad
Entrée
Entrée
Sides

Dessert

Chicken Matzo Ball
Herring in Wine
Braised Brisket
Herb Roasted Cornish Hen
Kasha Bowtie '
Red Cabbage
Strawberry Shortcake

Daily Hand Fruit

M Orange
TU Banana
WE Red Apple
TH Pear
FR Banana
SAT Apple
SUN Pear

SAT
22

Soup
Salad
Entrée
Entrée
Sides

Dessert

Mushroom Barley
Salad Mix, cucumber ,Tomato
Honey Glazed Chicken
Beef Cholent
White Rice
Green Peas with Pearl onion
Cookies

Dinner 4:30 p.m. & 6 p.m.

Weekly Breakfast Menu

Hot Cereal

Oatmeal
Cream of
Wheat

Cold Cereal

Raisin Bran,
Honey Nut
Cheerios,
Cheerios,
Special K

Fruit

Fresh Fruit
Orange
Banana
Prunes
Applesauce

Dairy

Cottage
Cheese
Yogurt

Food and Nutrition Department
Phone Number: 301-816-5030
**For menu adjustments or special
request please contact the Food
and Nutrition Department
between 7 a.m. – 9 a.m. for
breakfast and 2 p.m. to 4 p.m. for
dinner.**

Daily Breakfast Specials

SU Challah French Toast,
Boiled Egg
M Waffles, Scramble Eggs
T Blueberry Pancake, Boiled
eggs
W Fried Egg, English Muffin
TH Vegetable Frittata , Danish
F Scramble Egg, Potatoes
S White fish Salad And Bagel

Beverages

Hot Chocolate, Coffee,
Decaf Coffee, Decaf Tea,
Tea
Orange Juice, Apple
Juice, Prune Juice or
Cranberry Juice
Milk: Whole Milk, Fat Free,
2%,

Print Name _____

Signature _____

Apartment # _____