

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

Daily Breakfast Specials

SU Sunday Brunch 9:00 am – 11:00 am
M Waffle, Boiled Egg
T Scrambled Eggs , Hash brown
W Scrambled Eggs, Blueberry
Pancake
TH Fried Eggs with Croissant
F Scrambled Egg & Breakfast Potato
S White Fish Salad with Lettuce,
Tomato & Onions

Beverages

Hot Chocolate, Coffee, Decaf
Coffee, Decaf Tea, Tea

Orange Juice, Apple Juice, Prune
Juice or Cranberry Juice

Milk: Whole Milk, Fat Free, 2%,

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.

Print Name _____

Signature _____

Apartment # _____

Weekly Lunch Menu

SUN 31	Soup	Beef & Cabbage
	Salad	Tossed Salad
	Entrée	Chicken Tenders
	Entrée	Hamburger with Lettuce and Tomatoes
	Sides	Seasoned Roasted Potatoes Baby Carrots
	Dessert	Chocolate Cake

MO 01	Soup	Potato Leek
	Salad	Pasta Salad
	Entrée	BBQ Beef Brisket
	Entrée	Grilled Honey Lemon Chicken
	Sides	Sautéed Rainbow Swiss Chard Baked Sweet Potatoes
	Dessert	Baked Apple

TU 02	Soup	Turkey Rice
	Salad	Tossed Salad
	Entrée	Beyond Burger
	Entrée	Baked Tilapia
	Sides	Rice Green Beans
	Dessert	Brownie

WE 03	Soup	Chicken Tortilla
	Salad	Three Bean
	Entrée	Baked Fish
	Entrée	Meatloaf with Gravy
	Sides	Mashed Potatoes Roasted Yellow Squash
	Dessert	Lemon Cake

TH 04	Soup	Vegetable Noodle
	Salad	Tossed Salad & Tomato
	Entrée	Beef Pepper Steak
	Entrée	Stuffed Fish
	Sides	Rice Pilaf Garlic Roasted Broccoli
	Dessert	Coconut Cake

FRI 05	Soup	Vegetable
	Salad	Tossed Salad
	Entrée	Baked Flounder
	Entrée	Grilled Chicken
	Sides	Roasted Potatoes Garden Blend Vegetable
	Dessert	Assorted Cookies

SAT 06	Soup	Vegetable Soup
	Salad	Tossed Salad
	Entrée	Beef Goulash
	Entrée	Tuna Salad with Crackers
	Sides	Egg Noodle
	Dessert	Mushrooms with Sautéed onions Parve Ice Cream

Vegetarian Options:

- *Spaghetti with Tomato Sauce
- *Vegetable Burger
- *Tuna Salad
- *Egg Salad
- *Broccoli
- *Baked Beans
- *Coleslaw
- *Baked Potato
- *Baked Sweet Potato

Sunday—Wednesday and Friday

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

Beverages

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

Thursday Only

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

Daily Hand Fruit

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

Weekly Dinner Menu

SUN 31	Soup Salad Entrée Entrée Sides Dessert	Vegetable Caesar Salad Short Ribs Baked Fish Mashed Potatoes Garlic Roasted Broccoli Coffee Cake
MO 01	Soup Salad Entrée Entrée Sides Dessert	Spinach with Garbanzo Beans Broccoli Salad Baked Fish Chicken Kabob Zucchini Couscous Pilaf Boston Pie
TU 02	Soup Salad Entrée Entrée Sides Dessert	Chicken Noodle Spring Roll Chicken Lo- Mein Roasted Salmon w/ Glaze Sauce Egg Fried Rice Stir-fry Green Beans Orange Cake
WE 03	Soup Salad Entrée Entrée Sides Dessert	Beef Orzo Eggplant Dip with Pita Bread Corned Beef BBQ Chicken Boiled Parslied Potato Roasted Squash Funfetti cake
TH 04	Soup Salad Entrée Entrée Sides Dessert	Cream Of Mushroom Tomato and Avocado Seafood Pasta Primavera Beyond Burger Falafel Sautéed Spinach Rugelach
FRI 05	Soup Salad Entrée Entrée Sides Dessert	Chicken Matzo Ball Beef Chopped Liver Braised Brisket BBQ Glazed Salmon Kasha with Bow Ties Green Beans Almandine Cookies
SAT 06	Soup Salad Entrée Entrée Sides Dessert	Chicken Florentine Salad Mix, Cucumber ,Tomato Chicken Piccata Spaghetti with Meat Sauce Rice Pilaf Carrots Coconut Macaroons

Vegetarian Options:

*Spaghetti with Tomato Sauce
* Chickpea Avocado Lettuce Wrap
*Vegetable Burger
*Beyond Burger
*Tuna Salad
*Egg Salad
*Spinach
*Carrots
*Baked Beans
*Coleslaw
*Baked Potato
*Baked Sweet Potato
*French Fries
*Applesauce

Sunday—Wednesday and Friday

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

Beverages

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

Thursday Only

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

Daily Hand Fruit

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