

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

- M** Blueberry Pancake, Sausage, Orange Muffin
- T** Strata Cheese, Sausage Link, Toast Wheat
- W** Waffles, Potato Home Fries, Croissant
- TH** Pancake, Cheesy Hash Brown, Toast Wheat
- F** Frittata Cheese, Sausage, Croissant
- S** Cheese Quiche, Challah Bread
- SU** **Sunday Brunch 9:00 am – 11:00 am**

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

301-816-5030-Ring House

304-816-5068-Landow House

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

Print Name _____

Signature _____

Apartment # _____

Dinner Menu

MON 6	Soup Salad Entrée Entrée Sides	Vegetable Garden Honey Glazed Salmon Beef Shepherd's Pie Baked Acorn Squash Rice Pilaf w/Lentils Sauteed Spinach Mixed California Vegetables Brownie a la Mode/Gelatin	Vegetarian Options: * Roasted Vegetable Wrap *Vegetable Burger *Beyond Burger *Tuna Salad *Egg Salad *Sauteed Spinach *Roasted Carrots *Baked Beans *Coleslaw *Baked Sweet Potato *French Fries *Applesauce
TUE 7	Soup Salad Entrée Entree Sides	Potato Chowder Garbanzo Bean Beef Pepper Steak Chicken a L'Orange Rice Brown Israeli Couscous Roasted Brussels Sprouts Sauteed Eggplant Raspbery Sorbet/Gelatin	
WED 8	Soup App Entrée Entrée Sides	French Onion Spring Cabbage w/Cucumbers Provencal Pollock Manicotti w/Sauce Pasta Bowtie Green Beans Sauteed Rainbow Chard Ice Cream/Gelatin	Sunday—Wednesday and Friday Grilled Boneless Chicken Breast (W) Chicken Salad (W) Hamburger
THU 9	Soup Salad Entrée Entrée Sides	Vegetable Garden Cucumber Dill Stuffed Shells Stuffed Quinoa Peppers Roasted Potato Wedges Jasmine Rice Yellow Squash Sauteed Mustard Greens Boston Cream Pie/Gelatin	Beverages Ice Tea or Lemonade Coffee, Decaf Coffee, Decaf Tea, Tea
FRI 10	Soup Salad Entrée Entrée Sides	Chicken Matzo Ball Gefilte Fish Beef Brisket Teriyaki Salmon Basmati Rice Potato Kugel Steamed Broccoli Orange Cumin Carrots Babka Coffee/Gelatin	Thursday Only Western Omelet Cheese Omelet Beyond Burger Cheese Pizza Grilled Cheese with Tomato On Rye Bread Milk: Whole Milk, Fat Free, 2%,
SAT 11	Soup Salad Entrée Entrée Sides	Navy Bean Chopped Hungarian Beef Goulash Piccata Tilapia Red Potato Roasted Golden Beets Seared Green Beans Asparagus Pepper Onion Medley Strawberry Shortcake/Gelatin	Daily Hand Fruit M Orange TU Banana WE Red Apple TH Pear FR Banana SAT Apple SUN Pear
SUN 12	Soup Salad Entrée Entrée Sides	Asian Vegetable Asian Broccoli Slaw General Tso's Chicken Orange Tofu w/Wild Mushroom Noodle Rice Potato Latkes Sauteed Bok Choy Kimchi Cabbage Lemon Frosted Cake/Gelatin	

Lunch Menu

MON 6	Soup Salad Entrée Entrée Sides	Garden Vegetable Iceberg Salad Turkey Meatloaf Baked Flounder Barley Mushroom Pilaf Sweet Potato Fried Roasted Zucchini California Mixed Vegetables Orange Frosted Cake/Gelatin
TUE 7	Soup Salad Entrée Entree Sides	Rice Turkey Spinach Strawberry Salisbury Steak Brown Trout Mashed Potato Quinoa Orange Cumin Carrots Steamed Bok Choy and Cabbage Crisp Apple/Gelatin
WED 8	Soup App Entrée Entrée Sides	Tomato Florentine Butternut Squash Baked Italian Chicken Beef Chili Basmati Rice Braised Greens w/Peppers Mashed Rutabaga Steamed Green Peas Banana Cupcake/Gelatin
THU 9	Soup Salad Entrée Entrée Sides	Minestrone Tabouli Baked Vera Cruz Tilapia Marinara Meatballs Pasta Gnocchi Basil Orzo Seasoned Green Beans Roasted Butternut Squash Peanut Butter Brownie/Gelatin
FRI 10	Soup Salad Entrée Entrée Sides	Split Pea Broccoli Caesar Spinach Mushroom Quiche Stuffed Sole Mashed Cauliflower Southern Succotash Braised Green w/Peppers Sauteed Cabbage Mouse Chocolate / Gelatin
SAT 11	Soup Salad Entrée Entrée Sides	Sweet Potato Bisque Iceberg Chicken a L'Orange Lemon Basil Flounder Basmati Rice Spinach Souffle Cauliflower w/Red Peppers Shitakes and Broccoli Banana Bread Pudding/Gelatin
SUN 12	Soup Salad Entrée Entrée Sides	Mushroom Barley Iceberg Baked Tilapia Baked Ziti Wild Barley Pilaf Quinoa Pepper Sauteed Mustard Greens Sauteed Artichoke w/Peppers Apple Pie/Gelatin

Vegetarian Options:

- * Beyond Burger
- *Tuna Salad
- *Egg Salad
- *Broccoli
- *Coleslaw
- *Baked Potato
- *Baked Sweet Potato

Beverages

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