

# 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** Spinach Quiche, Sweet Potato  
Home Fries

**T** Scrambled Eggs, Apple Pancakes

**W** Spinach and Tomato Frittata,  
Hasbrown

**TH** Cheese Blintz, Waffles

**F** Strata Cheese Vegetable, Potato  
Latkes

**S** White Fish Salad w/ Tomatoes, and  
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

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 # \_\_\_\_\_

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# Lunch Menu

<b>SUN</b> <b>22</b>	Soup Salad Entrée Entrée Sides  Dessert	Minestrone Green Salad Chili Hot Dog Baked Chicken w/Herbs Wild Rice Green Beans Fruit Salad
<b>MON</b> <b>23</b>	Soup Salad Entrée Entrée Sides  Dessert	Garden Vegetable Apple Spinach & Carrots Baked Trout Almondine Gratin Eggplant Orzo Pasta Kale Cheesecake
<b>TUE</b> <b>24</b>	Soup App Entrée Entrée Sides  Dessert	Sweet Pepper Iceberg Salad Spinach Feta Pie Baked Lemon Pepper Cod Mustard Green Sauteed Cauliflower Mashed Potato Butterscoth Pudding
<b>WED</b> <b>25</b>	Soup Salad Entrée Entrée Sides  Dessert	Butternut Squash Carrot and Orange Minted Beef Stew Penne Pasta w/ Marinara Sauce Glazed Carrots Mashed Potatoes Angel Food Cake
<b>THU</b> <b>26</b>	Soup Salad Entrée Entrée Sides  Dessert	Barley Mushroom Winter Citrus Chopped Salad Three Bean Chili Salmon Cake Egg Noodles Onion & Peppers Sauteed  Tiramisu
<b>FRI</b> <b>27</b>	Soup Salad Entrée Entrée Sides  Dessert	Corn Chowder Caesar Crispy Baked Tofu Vegetable Enchiladas Sweet Potato Tater Tots Roasted Vegetables Blondie Bar
<b>SAT</b> <b>28</b>	Soup Salad Entrée Entrée Sides  Dessert	Navy Bean Garden Cornish Hen Beef Cholent Cauliflower w/Red Peppers Baked Potato  Raspberry Sorbet

## 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

# Dinner Menu

<b>SUN</b> 22	Soup	Cabbage
	Salad	Garden Salad
	Entrée	Snapper w/Ginger and Scallions
	Entrée	Swedish Turkey Meatballs
	Sides	Mixed Vegetables
		Gratin Au Potatoes
	Dessert	Brownie Cake

<b>MON</b> 23	Soup	Vegetable Chowder
	Salad	Carrots Salad
	Entrée	Crusted Herb Flounder
	Entree	Baked Chicken Breast
	Sides	Wild Rice w/Vegetables
		Potato Wedges
	Dessert	Raspberry Brownie

<b>TUE</b> 24	Soup	Egg Drop w/Chicken
	App	Creamy Coleslaw
	Entrée	Beef Teriyaki Strips
	Entrée	Curry Chicken
	Sides	Mashed Potatoes
		Vegetable Stir Fry
	Dessert	Assorted Cookies

<b>WED</b> 25	Soup	French Onion
	Salad	Cucumber Mint
	Entrée	Chicken Marsala
	Entrée	Beer Battered Cod & Chips
	Sides	Steamed Broccoli
		Basmati Rice
	Dessert	Orange Sherbet

<b>THU</b> 26	Soup	Broccoli Cheese
	Salad	Garden Salad
	Entrée	Mediterranean Trout
	Entrée	Baked Ziti Pasta
	Sides	Broccolini w/Garlic
		Mushroom Rissoto
	Dessert	Oatmeal Baked Apple

<b>FRI</b> 27	Soup	Matzo Ball
	Salad	Herrin Pickled
	Entrée	Roasted Chicken w/Honey
	Entrée	Pot Roast Beef
	Sides	Brown Rice
		Green Beans w/Red Peppers
	Dessert	Brownie Cake

<b>SAT</b> 28	Soup	Sweet Potato Bisque
	Salad	Garden Salad
	Entrée	Meatloaf
	Entrée	Broiled Salmon
	Sides	Brown Rice
		Roasted Vegetables
	Dessert	Cherry Cobbler

**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

**Sunday—Wednesday and Friday**

- Grilled Boneless Chicken Breast (W)
- Chicken Salad (W)
- 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