

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 Blueberry Pancakes, Scrambled Eggs

T Cheese Strata, Wheat Toast

W Cheese Quiche, Home Fries

TH Scrambled Eggs/Cheesy Hashbrowns

F Egg and Cheese Croissant Sandwich

S Lox and Bagels with Cream Cheese, 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.

All additional to go items requested, such as yogurt, fruit, cottage cheese, etc. will include a \$2.75 charge. Receipt will be provided.

Print Name _____

Signature _____

Apartment # _____

Dinner Menu

SUN 4	Soup	Chunky Vegetable Soup
	Salad	Garden Salad
	Entrée	Ziti Bake
	Entrée	Fried Pollock
	Sides	Fresh Potato Fries
		Roasted Broccoli
		Tropical Fruit Cake
	Dessert	

MON 5	Soup	Sweet Pepper Soup
	Salad	Chopped Salad
	Entrée	Whole Wheat Pasta Primavera
	Entrée	Blacken Salmon
	Sides	Mojito Cilantro/Lime Rice
		Roasted Zucchini
		Vanilla Mousse
	Dessert	

TUE 6	Soup	Homemade Garden Veg Soup
	App	Cucumber Dill Salad
	Entrée	Crispy Baked Chicken
	Entrée	Loaded Hot Dogs
	Sides	Garlic Potato Wedges
		Southern Succotash
		Raspberry Sorbet
	Dessert	

WED 7	Soup	French Onion Soup
	Salad	Iceberg Salad
	Entrée	Cranberry Ginger Fish
	Entrée	Mushroom & Tomato Kugel
	Sides	Herb Couscous
		Sauteed Bok Choy
		Parv Vanilla Ice Cream Sundae
	Dessert	

THU 8	Soup	Potato Chowder
	Salad	Italian Garbanzo Bean Salad
	Entrée	Cod Cake
	Entrée	Spinach Mushroom Gnocchi Alfredo
	Sides	Oven Roasted Broccoli
		Mashed Potatoes
		Warm Brownie
	Dessert	

FRI 9	Soup	Matzo Ball
	Salad	Beef Chopped Liver
	Entrée	Corned Beef Sandwich
	Entrée	Turkey Pot Pie
	Sides	Corn Succotash
		Scallion Mashed Potatoes
		Macaroon Bar
	Dessert	

SAT 10	Soup	Vegetarian Beet Borscht
	Salad	Green Salad
	Entrée	Braked Salmon
	Entrée	Stuffed Shells w/ Marinara
	Sides	Buttered Carrots
		Garlic Bread

Dessert Strawberry Shortcake

Vegetarian Options:

- *Spaghetti with Tomato Sauce
- * Chickpea Avocado Lettuce Wrap
- *Vegetable Burger
- *Beyond Burger
- *Tuna Salad
- *Egg Salad
- *Spinach
- *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%,

All additional items such as more than 2 sides, extra dessert, extra protein, etc. will be a \$3.00 per item. A receipt will be provided, and a charge will be added to your monthly charges.

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** Cheesy Scrambled Eggs, Breakfast Patty
- M** Blueberry Pancakes, Scrambled Eggs
- T** Cheese Strata, Wheat Toast
- W** Cheese Quiche, Home Fries
- TH** Scrambled Eggs/Cheesy Hashbrowns
- F** Egg and Cheese Croissant Sandwich
- S** Lox and Bagels with Cream Cheese, 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-Lindow House

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Print Name _____

Signature _____

Apartment # _____

Lunch Menu

SUN
4

Soup
Salad
Entrée
Entrée
Sides
Dessert

Yellow Lentil/Squash Soup
Marinated Pepper Salad
Orange BBQ Chicken
Swedish Meatloaf
Mashed Potatoes
Sautéed Green Peas
Strawberry Cloud Cake

MON
5

Soup
Salad
Entrée
Entrée
Sides
Dessert

Italian Wedding Soup
Iceberg Tossed Salad
Turkey Meatloaf
Tuna Melt Sandwich on White
California Mixed Beans
Garlic Roll
Frosted Orange Cake

TUE
6

Soup
Salad
Entrée
Entrée
Sides
Dessert

Turkey and Rice Soup
Green Goddess Salad
Salisbury Steak
Crispy Baked Cod
Rice Pilaf
Fresh Spinach and Leeks
Pear Crisp

WED
7

Soup
Salad
Entrée
Entrée
Sides
Dessert

Tomato Florentine Soup
Chickpea Salad
Italian Chicken Leg Quarters
Chunky Beef Chili
Baked Potato
Steamed Greens and Peppers
Homemade Frosted Banana Cupcakes

THU
8

Soup
Salad
Entrée
Entrée
Sides
Dessert

Cabbage Soup
Cucumber/Celery Salad
Tilapia Vera Cruz
Quinoa Stuffed Pepper
Seasoned Green Bean
Stream Fresh Yellow Squash
Peach Cobbler

FRI
9

Soup
Salad
Entrée
Entrée
Sides
Dessert

Lentil Soup
Pasta Salad
Penne w/Tomato & Artichoke
Vegetable Stuffed Fillet of Sole
Black Bean & Rice
Oven Roasted Brussels Sprouts
Chocolate Mousse

SAT
10

Soup
Salad
Entrée
Entrée
Sides
Dessert

Curried Sweet Potato Soup (GF)
Lemon Green Salad
Mexican Stewed Beef
4 Bean Vegetarian Chili
Rice White
Grilled White Asparagus
Lemon Angel Cake

Vegetarian Options:

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

Beverages

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

All additional items such as more than 2 sides, extra dessert, extra protein, etc. will be a \$3.00 per item. A receipt will be provided, and a charge will be added to your monthly charges.

Dinner Menu

SUN 4	Soup Salad Entrée Entrée Sides Dessert	Chunky Vegetable Soup Garden Salad Cheesy Ziti Bake Fried Pollock Fresh Potato Fries Roasted Broccoli Tropical Fruit Cake
MON 5	Soup Salad Entrée Entrée Sides Dessert	Sweet Pepper Soup Chopped Salad Whole Wheat Pasta Primavera Blacken Salmon Mojito Cilantro/Lime Rice Roasted Zucchini Vanilla Mousse
TUE 6	Soup App Entrée Entrée Sides Dessert	Homemade Garden Veg Soup Cucumber Dill Salad Crispy Baked Chicken Loaded Hot Dogs Garlic Potato Wedges Southern Succotash Raspberry Sorbet
WED 7	Soup Salad Entrée Entrée Sides Dessert	French Onion Soup Iceberg Salad Cranberry Ginger Fish Mushroom & Tomato Kugel Herb Couscous Sauteed Bok Choy Parv Vanilla Ice Cream Sundae
THU 8	Soup Salad Entrée Entrée Sides Dessert	Potato Chowder Italian Garbanzo Bean Salad Cod Cake Spinach Mushroom Gnocchi Alfredo Oven Roasted Broccoli Mashed Potatoes Warm Brownie
FRI 9	Soup Salad Entrée Entrée Sides Dessert	Matzo Ball Beef Chopped Liver Honey Roasted Chicken French Lentils Greens Sautéed with Peppers Baked Potato Warm Brownie
SAT 10	Soup Salad Entrée Entrée Sides Dessert	Sweet Potato Bisque Wedge Salad Broiled Salmon Tortellini w/Garlic Broccoli and Mushrooms Parsnips Carrots Garlic Bread Peach Crisp

Vegetarian Options:

*Spaghetti with Tomato Sauce
* Chickpea Avocado Lettuce Wrap
*Vegetable Burger
*Beyond Burger
*Tuna Salad
*Egg Salad
*Spinach
*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

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 Pear