

# Weekly Dinner Menu

<b>MON</b> <b>8</b>	Soup	Cabbage Soup
	Salad	Beets & Onion Salad
	Entrée	Lemon Pepper Flounder
	Entrée	Blackened Chicken Breast
	Sides	<b>Roasted Potato Wedges</b> Glazed Basmati Rice <b>Grilled Squash &amp; Zucchini</b> Roasted Mushrooms
	Dessert	Blondies

Vegetarian Options:

- \*Vegetarian Burger
- \*Beyond Burger
- \*Tuna Salad
- \*Egg Salad
- \*Roasted Carrots
- \*Coleslaw
- \*Baked Sweet Potato
- \*Applesauce

<b>TUE</b> <b>9</b>	Soup	Tomato Bisque
	Salad	Spinach Salad
	Entrée	Italian Beef Meatballs
	Entrée	Kielbasa & Peppers
	Sides	<b>Pasta with Marinara Sauce</b> <b>Seasoned Green Beans</b> Thyme Roasted Yellow Squash
	Dessert	Banana Cake

<b>WED</b> <b>10</b>	Soup	White Bean Florentine
	Salad	Caesar Salad
	Entrée	Salisbury Steak
	Entrée	Oven Fried Herb Chicken
	Sides	<b>Brown Rice</b> Collard Greens Peas & Carrots <b>Sweet Potato Pecan Bars</b>
	Dessert	Lemon Bar

Beverages

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

<b>THU</b> <b>11</b>	Soup	Broccoli Cheese Soup
	Salad	Baby Carrots & Tzatziki
	Entrée	Sea Bass with Tomato Basil Chutney
	Entrée	Deep Dish Cheese Pizza
	Sides	Italian Potato Wedges <b>Edamame Succotash</b> <b>Sauteed Artichoke Hearts with Red Peppers</b>
	Dessert	Cheesecake with Warm Berry Compote

<b>FRI</b> <b>12</b>	Soup	Chicken Matzo Ball Soup
	Salad	Gefilte Fish
	Entrée	Beef Cholent
	Entrée	Baked Cornish Hen
	Sides	<b>Wild Rice &amp; Vegetables</b> Herbed Sliced Potatoes <b>Vegan Beet Tzimmes</b> Green Beans Almondine
	Dessert	Babka Coffee Cake

<b>SAT</b> <b>13</b>	Soup	Cold Borscht Soup
	Salad	Quinoa Tabouleh
	Entrée	Citrus Spiced Cod
	Entrée	Apple & Sage Stuffed Chicken
	Sides	<b>Sweet Potato Kugal</b> Basmati Rice with Mint & Basil Mushroom & Spinach Sautee <b>Turmeric Roasted Golden Beets</b>
	Dessert	Cannoli Cake

<b>SUN</b> <b>14</b>	Soup	Chunky Vegetable Soup
	Salad	Cucumber Tomato Salad
	Entrée	Salmon Dijonnaise
	Entrée	Turkey Reuben Sandwich on Rye
	Sides	<b>Brown Sugar Bourbon Sweet Potato Smash</b> Steamed White Rice <b>Sauteed Garlic Broccoli</b>
	Dessert	Root Vegetable Medley Marble Cake

# Breakfast Menu

## Hot Cereal

Oatmeal  
Cream of Wheat

## Cold Cereal

Fresh Fruit  
Yogurt  
Cottage Cheese  
Orange  
Banana  
Prunes  
Applesauce

## Daily Breakfast Specials

- SU** Sunday Brunch
- M** Breakfast Quesadilla, Homefries
- T** Apple Pancakes, Scrambled Eggs, Hashbrowns
- W** Spinach & Tomato Frittata, Veggie Breakfast Patty
- TH** Cheese Eggs with Chives, Blintz with Berry Compote, Blueberry Granola Parfait
- F** Belgian Waffle with Baked Apples, Scrambled Eggs
- S** Hard Boiled Egg, Lox & Cream Cheese with Bagels, Overnight Oats with Berries

## Beverages

Milk, 2%, SoyHot Chocolate, Coffee, Decaf Coffee, Tea, Decaf Tea

Orange Juice, Apple Juice, Prune Juice or Cranberry Juice

### **Food and Nutrition Department**

**301-816-5030 Ring House**

**304-816-5068 Landow House**

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

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Apartment # \_\_\_\_\_