

Weekly Dinner Menu

MON 10	Soup	Lentil Soup
	Salad	Caesar Salad
	Entrée	Fish Cakes
	Entrée	Penne Pesto Primavera
	Sides	Wild Rice Parsnips & Carrots
	Dessert	Carrot Cake

TUE 11	Soup	Potato Soup
	Salad	Garden Salad
	Entrée	Italian Beef Sausage w/ Peppers
	Entrée	Fried Chicken
	Sides	Potato Dijonnaise Peas & Carrots
	Dessert	Honey Cake

WED 12	Soup	Split Pea Soup
	Salad	Garden Salad
	Entrée	Beef Stir Fry
	Entrée	Turkey Cutlet w/Apricot Chutney
	Sides	Jasmine Rice Roasted Beets
	Dessert	Peach Cobbler

THU 13	Soup	Cream of Carrot Soup
	Salad	Garden Salad
	Entrée	Baked Salmon
	Entrée	Quinoa Stuffed Peppers
	Sides	Cheese Kugel Mixed Vegetables
	Dessert	Banana Parfait

FRI 14	Soup	Chicken Matzo Ball Soup
	Salad	Beef Chopped Liver
	Entrée	Swedish Meatballs
	Entrée	Grilled Chicken
	Sides	Bowtie Pasta Green Beans w/Sweet Chili Sauce
	Dessert	Lemon Cake

SAT 15	Soup	Tomato Soup
	Salad	Garden Salad
	Entrée	Corned Beef Cabbage
	Entrée	Winter Harvest Salad Bowl
	Sides	Peas & Pearl Onions Brown Rice
	Dessert	Red Velvet Cookie

SUN 16	Soup	Chicken Noodle Soup
	Salad	Garden Salad
	Entrée	Fish & Chips
	Entrée	Shepherds Pie
	Sides	Herbed Couscous Zucchini & Squash
	Dessert	Chocolate Cake

Additional Options:

- * Hot Dog w/ Sauerkraut
- *Beyond Burger
- *Tuna Salad
- *Egg Salad
- *Grilled Chicken
- *Roasted Carrots
- *Green Vegetable
- *Coleslaw
- *Baked Sweet Potato
- *Baked Potato (Dairy Days)
- *French Fries (Meat Days, Not Saturday)
- *Applesauce

Gluten Free Dessert:

- *Cookies

Sugar Free Desserts:

- *Lemon Cake
- *Apricot Cake
- *Seven Layer Cake

Beverages

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

**PLEASE SEE CUBIGO
FOR DAILY UPDATES**

Breakfast Menu

Hot Cereal

Oatmeal
Cream of Wheat

Cold Assorted
Cereals

Fresh Fruit
Yogurt
Cottage Cheese
Orange
Banana
Prunes
Applesauce

Daily Breakfast Specials

SU Sunday Brunch
M Belgian Waffle, Scrambled Eggs
T Cinnamon Apple Muffin,
Scrambled Eggs
W Pancake, Scrambled Eggs
TH Cheese Blintz, Scrambled Eggs
F Assorted Danish, Scrambled Eggs
S Lox & Cream Cheese with Bagels,
Hard Boiled Eggs

Beverages

Milk, 2%, Soy Hot 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

301-816-5068 Landow House

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

PICK UP

DELIVERY

Print Name _____

Signature _____

Apartment # _____