

Weekly Dinner Menu

MON 02	Soup	Mushroom & Barley Soup
	Salad	Garden Salad
	Entrée	Salmon w/Miso Glaze
	Entrée	Manicotti w/ Spinach Mushroom Sauce
	Sides	Herbed Rice Green Beans
	Dessert	Lemon Pound Cake

Additional Options:

- * Hot Dog w/ Sauerkraut
- *Beyond Burger
- *Tuna Salad
- *Egg Salad
- *Roasted Carrots
- *Coleslaw
- *Baked Sweet Potato
- *Baked Potato
- *Applesauce

TUE 03	Soup	Lentil Soup
	Salad	Garden Salad
	Entrée	Chicken Teriyaki
	Entrée	Fish Cake
	Sides	Herbed Couscous Corn on the Cob (Ring House) Steamed Corn (Ladow House)
	Dessert	Spice Cake

Gluten Free Dessert:

- *Chocolate Chip Cookies

WED 04	Soup	Northern Bean Soup
	Salad	Garden Salad
	Entrée	Turkey Kefta w/ Raisin Sauce
	Entrée	Beef Knockwurst w/Kraut
	Sides	French Fries Peas & Pearl Onions
	Dessert	Baked Apples

Sugar Free Desserts:

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

THU 05	Soup	Cream of Broccoli Soup
	Salad	Garden Salad
	Entrée	Vegetable Lasagna
	Entrée	Herb Crusted Flounder
	Sides	Noodle Kugel Spinach
	Dessert	Iced Carrot Cake

Beverages

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

FRI 06	Soup	Chicken Matzo Ball Soup
	Salad	Chopped Liver
	Entrée	Beef Brisket w/Onion Gravy
	Entrée	Roasted Chicken
	Sides	Potato Kugel Tzimmes
	Dessert	Chocolate Cake

**PLEASE SEE CUBIGO
FOR DAILY UPDATES**

SAT 07	Soup	Tomato Basil Soup
	Salad	Gefilte Fish Plate
	Entrée	Beef Stew
	Entrée	Chicken Pasta
	Sides	Cornbread Roasted Squash Medley
	Dessert	Snickerdoodle Cookies

SUN 08	Soup	Onion Soup
	Salad	Chickpea Salad
	Entrée	Creole Chicken
	Entrée	Cod Piccata
	Sides	Herbed Rice Green Beans
	Dessert	Chocolate Mousse

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** Waffles, Scrambled Eggs
- T** Apple Cinnamon Muffin, Scrambled Eggs
- W** Pancake, Scrambled Eggs
- TH** Cheese Blintz w/ Berry Compote, Scrambled Eggs
- F** Mini Danish, Scrambled Eggs
- S** Hard Boiled Egg, Smoked White Fish, Cream Cheese with Bagels, Whitefish Salad

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 # _____