

Sample 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

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DELIVERY

Print Name _____

Signature _____

Apartment # _____

Sample 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 Shepherd's 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**