

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** Spinach & Tomato Frittata, Scrambled Eggs
- W** Blueberry Pancake, Scrambled Eggs
- TH** Texas French Toast, Scrambled Eggs
- F** Banana Nut Muffin, Scrambled Eggs
- S** Hard Boiled Egg, White Fish Salad w/ Cream Cheese & Bagels

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.



Pickup



Delivery

Print Name _____

Signature _____

Apartment # _____

Weekly Lunch Menu

**MON
03**

Soup Potato & Leek Soup
 Salad Garden Salad
 Entrée Chicken Cacciatore
 Entrée Spaghetti & Meatballs
 Sides Cauliflower
 Kale

Dessert Chocolate Chip Cookies

**TUE
04**

Soup Tomato Soup
 Salad Garden Salad
 Entrée Baked Tilapia
 Entrée Grilled Cheese
 Sides Roasted Potato Wedges
 Carrots

Dessert Fruited Jello

**WED
05**

Soup Vegetable Soup
 Salad Garden Salad
 Entrée Greek Salad w/ Grilled Tofu
 Entrée Breaded Fish on A Bun
 Sides Roasted Zucchini
 Orzo

Dessert Vanilla Pudding

**THU
06**

Soup Split Pea Soup
 Salad Garden Salad
 Entrée Tortellini w/Marinara
 Entrée Imitation Crab & Fish Cake
 Sides Rice Pilaf
 Broccoli w/Garlic

Dessert Fruit Salad

**FRI
07**

Soup Sweet Potato Soup
 Salad Garden Salad
 Entrée Dill Flavored Pollock
 Entrée Grilled Chicken Breast
 Sides Green Beans
 Roasted Potatoes

Dessert Jello

**SAT
08**

Soup Lentil Soup
 Salad Garden Salad
 Entrée Chicken Salad on a Bun
 Entrée Hot Dogs w/Bun
 Sides Coleslaw
 Classic Lays Chips

Dessert Chocolate Pudding

**SUN
09**

Soup Mushroom & Barley Soup
 Salad Vegetarian Italian Chopped Salad
 Entrée Mushroom & Spinach Frittata
 Entrée Baked Cod
 Sides Roasted Zucchini & Carrots
 Rice Pilaf

Dessert Baked Apple

Additional Options:

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

Beverages

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

**PLEASE SEE CUBIGO
 FOR DAILY UPDATES**

Weekly Dinner Menu

MON 03	Soup	Chickpea & Spinach Soup
	Salad	Israeli Salad
	Entrée	Stuffed Shells w/White Alfredo Sauce
	Entrée	Pollock w/Lemon Caper Sauce
	Sides	Brown Rice Pilaf
		Spinach
Dessert	Strawberry Cheesecake	

TUE 04	Soup	Chicken Noodle Soup
	Salad	Spinach & Strawberry Salad
	Entrée	Rotisserie Chicken
	Entrée	Cod Cakes
	Sides	Roasted Red Potatoes
		Corn on the Cob (Ring House) Steamed Corn (Ladow House)
Dessert	Chocolate Cake	

WED 05	Soup	Asian Vegetable Soup
	Salad	Tossed Green Salad
	Entrée	Sweet & Sour Chicken
	Entrée	Lemon Pepper Flounder
	Sides	White Rice
		Mushrooms & Spinach
Dessert	Chocolate Chip Cookies	

THU 06	Soup	Cream of Carrot Soup
	Salad	Artichoke Salad
	Entrée	Stuffed Flounder
	Entrée	Eggplant Ratatouille w/Goat Cheese
	Sides	Mixed Vegetables
		Mushroom Barley Pilaf
Dessert	Baklava	

FRI 07	Soup	Chicken Matzo Ball Soup
	Salad	Gefilte Fish Salad
	Entrée	Beef Brisket w/Onion Gravy
	Entrée	BBQ Chicken Quarters
	Sides	Apple Kugel
		Sauteed Squash & Zucchini
Dessert	Peach Cake	

SAT 08	Soup	Minestrone Soup
	Salad	Chicken Chopped Liver
	Entrée	Mushroom & Chickpea Chili
	Entrée	Southwest Fajita Chicken Salad
	Sides	Rice Pilaf
		Steamed Peas
Dessert	Snickerdoodle Cookies	

SUN 09	Soup	Garden Vegetable Soup
	Salad	Beet Salad
	Entrée	Roasted Salmon
	Entrée	Cornish Hen
	Sides	Collard Greens
		Red Skinned Mashed Potatoes
Dessert	Chocolate Sheet Cake	

Additional Options:

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

Beverages

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

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