

# 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 Dinner Menu

<b>MON 03</b>	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

<b>TUE 04</b>	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

<b>WED 05</b>	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

<b>THU 06</b>	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

<b>FRI 07</b>	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

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

<b>SUN 09</b>	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

**PLEASE SEE CUBIGO  
FOR DAILY UPDATES**