

# Weekly Dinner Menu

<b>MON</b> <b>13</b>	Soup	Lentil Soup
	Salad	Garden Salad
	Entrée	Fish Cakes
	Entrée	Tortellini Primavera
	Sides	Wild Rice
		Parsnips & Carrots
	Dessert	Carrot Cake
<b>TUE</b> <b>14</b>	Soup	Potato Soup
	Salad	Garden Salad
	Entrée	Italian Beef Sausage w/ Peppers
	Entrée	Chicken Pot Pie
	Sides	Mashed Potatoes
		Corn on the Cob
		Steamed Corn (Lindow House)
	Dessert	Honey Cake
<b>WED</b> <b>15</b>	Soup	Split Pea Soup
	Salad	Garden Salad
	Entrée	Herb Crusted Flounder
	Entrée	Turkey Cutlet w/Apricot Chutney
	Sides	Jasmine Rice
		Roasted Beets
	Dessert	Peach Cobbler
<b>THU</b> <b>16</b>	Soup	Cream of Carrot Soup
	Salad	Garden Salad
	Entrée	Baked Salmon
	Entrée	Penne w/ Mushroom Spinach Sauce
	Sides	Lemon Rice w/ Peas
		Mixed Vegetables
	Dessert	Banana Parfait
<b>FRI</b> <b>17</b>	Soup	Chicken Matzo Ball Soup
	Salad	Beef Chopped Liver
	Entrée	Beef Stir-Fry
	Entrée	Roasted Chicken Quarters (Dark Meat)
	Sides	Tzimmes
		Green Beans w/Sweet Chili Sauce
	Dessert	Lemon Cake
<b>SAT</b> <b>18</b>	Soup	Tomato Soup
	Salad	Garden Salad
	Entrée	Beef Cholent
	Entrée	Winter Harvest Salad Bowl
	Sides	Peas & Pearl Onions
		Brown Rice
	Dessert	Red Velvet Cookie
<b>SUN</b> <b>19</b>	Soup	Chicken Noodle Soup
	Salad	Garden Salad
	Entrée	Fish & Chips
	Entrée	Honey Roasted Chicken
	Sides	Herbed Couscous
		Zucchini & Squash
	Dessert	Chocolate Cake

### Additional Options:

\*Vegetarian Burger

\* Hot Dog w/ Sauerkraut

\*Beyond Burger

\*Tuna Salad

\*Egg Salad

\*Roasted Carrots

\*Coleslaw

\*Applesauce

**\*Everyday Available Vegetable to change daily**

### Gluten Free Dessert:

\*Chocolate Chip 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** Apple Cinnamon Muffin,  
Scrambled Eggs
- W** Pancake, Scrambled Eggs
- TH** Cheese Blintz, Scrambled Eggs
- F** Assorted Danish, Scrambled Eggs
- S** Hard Boiled Egg, Lox, Cream  
Cheese with 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.**

PICK UP

DELIVERY

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Apartment # \_\_\_\_\_