

Weekly Dinner Menu

MON 16	Soup	Lentil Soup
	Salad	Ceasar Salad
	Entrée	Fish Cakes
	Entrée	Fettuccini Alfredo
	Sides	Wild Rice Parsnips & Carrots
	Dessert	Carrot Cake
TUE 17	Soup	Potato Soup
	Salad	Garden Salad
	Entrée	Beef Knockwurst
	Entrée	Chicken Pot Pie
	Sides	Rice Pilaf Corn on the Cob Steamed Corn (Ladow House)
	Dessert	Honey Cake
WED 18	Soup	Split Pea Soup
	Salad	Garden Salad
	Entrée	Herb Crusted Flounder
	Entrée	Turkey Cutlet w/Apricot Chutney
	Sides	Mashed Potatoes Roasted Beets
	Dessert	Peach Cobbler
THU 19	Soup	Cream of Carrot Soup
	Salad	Garden Salad
	Entrée	Baked Salmon
	Entrée	Quinoa Stuffed Peppers
	Sides	Noodle Kugel Mixed Vegetables
	Dessert	Banana Parfait
FRI 20	Soup	Chicken Matzo Ball Soup
	Salad	Beef Chopped Liver
	Entrée	Beef Brisket w/Onion Gravy
	Entrée	Chicken Quarters (Dark Meat)
	Sides	Tzimmes Green Beans w/Sweet Chili Sauce
	Dessert	Lemon Cake
SAT 21	Soup	Tomato Soup
	Salad	Garden Salad
	Entrée	Beef Cholent
	Entrée	Winter Harvest Salad Bowl
	Sides	Peas & Pearl Onions Brown Rice
	Dessert	Red Velvet Cookie
SUN 22	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 # _____