

Weekly Dinner Menu

MON 23	Soup	Lentil Soup
	Salad	Garden Salad
	Entrée	Cheese Blintz Souffle Berry Compote
	Entrée	Fish Croquettes
	Sides	Potato Pancake Sautéed Spinach
	Dessert	Cheesecake

TUE 24	Soup	Chicken & Rice Soup
	Salad	Garden Salad
	Entrée	Fried Chicken
	Entrée	Eastern Grain Bowl
	Sides	Mashed Potato Corn on the Cob (Ring House) Steamed Corn (Ladow House)
	Dessert	Watermelon

WED 25	Soup	Split Pea Soup
	Salad	Garden Salad
	Entrée	Herb Crusted Flounder
	Entrée	Turkey Cutlet w/ Apple Chutney
	Sides	Rice Pilaf Green Beans
	Dessert	Peach Cobbler

THU 26	Soup	Cream of Carrot Soup
	Salad	Pickle Herring In Cream Sauce
	Entrée	Baked Salmon
	Entrée	Quinoa Stuffed Pepper
	Sides	Noodle Kugel Vegetable Medley
	Dessert	Pound Cake Strawberry Compote

FRI 27	Soup	Chicken Matzo Ball Soup
	Salad	Garden Salad
	Entrée	Beef Brisket
	Entrée	Rotisserie Chicken
	Sides	Potato Knish Green Beans
	Dessert	Chocolate Cake

SAT 28	Soup	Tomato Soup
	Salad	Gefilte Fish Plate
	Entrée	Cholent w/Cornbread
	Entrée	Fall Harvest Salad
	Sides	Brown Rice Peas & Pearl Onions
	Dessert	Chocolate Chip Cookies

SUN 29	Soup	Chicken Noodle Soup
	Salad	Garden Salad
	Entrée	Fish & Chips
	Entrée	Roasted Chicken
	Sides	Herbed Couscous Roasted Zucchini & Squash
	Dessert	Cinnamon Chocolate Honey Cake

Additional Options:

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

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 Waffles, Scrambled Eggs
T Apple Muffin, Scrambled Eggs
W Pancake, Scrambled Eggs
TH Cheese Blintz, Scrambled Eggs
F Danish, Scrambled Eggs
S Hard Boiled Egg, 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 # _____