

# Weekly Dinner Menu

<b>MON 20</b>	Soup	Minestrone Soup
	Salad	Garden Salad
	Entrée	Stuffed Shells w/ Marinara or Alfredo Sauce
	Entrée	Lemon Dill Cod
	Sides	Rice Pilaf
		Green Beans
	Dessert	Blueberry Crumble

<b>TUE 21</b>	Soup	Cabbage Soup
	Salad	Garden Salad
	Entrée	BBQ Chicken
	Entrée	Vegetable Stir Fry w/Tofu
	Sides	Mediterranean Couscous
		Steamed Broccoli
	Dessert	Oatmeal Raisin Cookies

<b>WED 22</b>	Soup	Chicken Orzo Soup
	Salad	Garden Salad
	Entrée	Beef Italian Sausage & Peppers
	Entrée	Lemon Pepper Flounder
	Sides	Roasted Red Potatoes
		Cauliflower
	Dessert	Banana Cake

<b>THU 23</b>	Soup	Broccoli Cheese Soup
	Salad	Cesar Salad
	Entrée	Salmon Dijonnaise
	Entrée	Baked Ziti
	Sides	Cheese Kugel
		Dilled Carrot
	Dessert	Brownie

<b>FRI 24</b>	Soup	Chicken Matzo Ball Soup
	Salad	Gefilte Fish Plate
	Entrée	Beef Tips & Mushroom Gravy
	Entrée	Herb Roasted Chicken Quarters
	Sides	Wild Rice
		Sauteed Spinach
	Dessert	Honey Cake

<b>SAT 25</b>	Soup	Tomato Florentine
	Salad	Garden Salad
	Entrée	Beef Chili
	Entrée	Greek Salad w/Chicken
	Sides	Brown Rice
		Squash Medley
	Dessert	Chocolate Chip Cookies

<b>SUN 26</b>	Soup	Beef & Vegetable Soup
	Salad	Garden Salad
	Entrée	Roasted Chicken Quarters
	Entrée	Vegetable Pasta w/Marinara Sauce
	Sides	Mashed Potatoes
		Broccoli
	Dessert	Apple Cake

**Always Available Options:**

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

**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** Waffle, Scrambled Eggs  
**T** Blueberry Muffin, Scrambled Eggs  
**W** Pancake, Scrambled Eggs  
**TH** Cheese Blintz, Scrambled Eggs  
**F** Assorted Danish, Scrambled Eggs  
**S** Smoked Whitefish w/ Bagel & Cream Cheese

## 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 # \_\_\_\_\_