

• **BREAKFAST BREADS**

Bagel	White Toast
Cinnamon raisin toast	Wheat Toast
Rye Toast	Fried Cake
English muffin	
Pancake	
Waffle	

• **EGGS**

Fried
Poached
Hard boiled
Scrambled

• **FRUIT**

Prunes
Mandarin Oranges

• **CEREAL**

Cheerios
Corn Flakes
Frosted Flakes
Raisin Bran
Rice Krispies

• **YOGURT**

Vanilla yogurt Fruited yogurt

• **MEATS**

Bacon
Sausage

• **HOT CEREAL**

Grits
Oatmeal
Cream of Wheat

• **BEVERAGES**

Skim milk	Grape juice
Whole milk	Tomato juice
Chocolate milk	Prune juice
Soy milk	Low sodium V8
Lactaid	Iced Tea
2% milk	Cola (Reg./Diet)
Hot Chocolate (Reg./Sugar Free)	
Ginger Ale (Reg./Diet)	

• **SOUP**

Chicken/Beef broth Vegetable

• **SIDES**

Lemon for tea	Apple
Sliced onion	Banana
Chips	Orange
French fries	Dill pickle
Mashed potatoes	Pretzels
Tator tots	Caesar Salad
Macaroni Salad	Potato Salad
Baked Potato	

• **SALAD DRESSINGS**

French	Ranch
1,000 Island	Blue Cheese
Italian	

• **ENTREES**

Egg/Tuna/Chicken salad	Hamburger
Peanut butter & jelly	Cheeseburger
Bologna	Garden burger
Turkey sandwich	Hot dog
Roast Beef	Grilled Cheese
Ham Sandwich	Personal Pan Pizza
Turkey Salad (Wednesdays only)	
Fruit & cottage cheese plate	B.L.T.
Baked fish	Fried Fish
Eggs any style	Tuna Melt
Pasta w/ Sauce	Salmon
Grilled chicken breast (plain or sandwich)	
Grilled ham & cheese sandwich	

Sandwiches are available on wheat, white, or rye bread/American, Swiss, or cheddar cheese. 1/2 sandwiches available upon request.

• **DESSERTS**

Gelatin
Pudding
Custard
Applesauce
Seasonal fresh fruit

• **COOKIES**

MON	• Peanut butter
TUE	• Oatmeal (no raisin)
WED	• Chocolate chip
THU	• Sugar
FRI	• Chocolate
SAT	• Sugar
SUN	• Chocolate chip

• **ICE CREAM**

Vanilla Chocolate
Strawberry
Raspberry Sherbet
Orange Sherbet

Dining Services Hours

Breakfast	7:00 a.m. – 10:00 a.m.
Lunch	11:30 a.m – 2:00 p.m.
Dinner	4:30 p.m. – 7:00 p.m.

You may call down for substitutions (x2645) as your diet allows. Your neighborhood shabbazim and dietitians will guide you with making appropriate substitutions.

