



# Jewish Home

## Food and Nutrition Services

*For additional resources please contact Clinical Nutrition at 784-6640.*

### Always Available

#### Breakfast Options

- **Hot Cereal** : Oatmeal, Grits, Cream of Wheat with brown sugar/raisins
- **Cold Cereal**: Cheerios, HN Cheerios, Rice Krispies, Cornflakes, Raisin Bran, Cinnamon Toast Crunch, Fruit Loops
- Pancakes / French Toast / Waffles
- Breakfast Sandwich: egg and cheese on toast, bagel or English muffin

#### Always Available- Entrees

- Sandwiches: on white, wheat, rye
- Egg Salad/Tuna Salad/Chicken Salad
- Peanut Butter & Jelly
- Turkey
- Hamburger/Cheeseburger/ Garden Burger
- Grilled Cheese / Tuna Melt
- Baked Chicken / Baked Fish
- Julienne Chicken Salad
- Cottage Cheese & Fruit Plate

#### Beverages

- Soda: cola, diet cola, ginger ale, diet ginger ale
- Juice: orange, cranberry, apple, prune, tomato
- Milk: 2%, skim, lactose free, almond milk
- Hot: coffee, decaf coffee, tea, hot chocolate

#### Meal Times

Breakfast 7:45am-9:00am

Lunch 11:30am-12:45pm

Dinner 5:30pm-6:30pm

#### Select Menu Process

A daily select menu will be provided to you by 4pm each day for the following day. Please be sure to indicate any specific preference/condiments and we will do our best to meet your needs.

***Additional information about food items you may see as part of our 3-week cycle menu***

**Entrees**

**Beef Knish:** Ground beef in a puff pastry.

**Hungarian Goulash:** Beef in a tomato-based sauce served with noodles.

**Southwestern Burger:** Vegetable burger mixed with cheese

**Cheese Bourekas:** Baked puffed pastry filled with sweet cheese

**Cheese Blintze:** crepe like pancakes filled with a sweet cheese filling

**BBQ Brisket:** Sliced Beef brisket, served with BBQ Sauce.

**Chicken Fricassee:** Chicken in a creamy mushroom sauce

**Chicken Scampi:** chicken in a buttery, lemon wine sauce

**Sides and Soups**

**Potato Kugel:** Savory Potato casserole.

**Tzimmes:** Sweet Potato, Carrots, Apples & Prunes in a casserole.

**Persian Soup:** Barley Potato soup seasoned with curry and turmeric.

**Latkes:** Potato pancake, can be made with other vegetables ex zucchini

**Borscht:** beet- based soup served warm and cold. May be topped with sour cream.

**Lokshen Soup:** Jewish chicken noodle soup with egg noodles.

**Vegetables**

**California Blend:** Broccoli, cauliflower, carrots

**Bermuda Blend:** broccoli, green beans, bell peppers, carrots

**Persian carrots:** small round carrots

**Capri Mix Vegetables:** green beans, carrots, zucchini and squash

**Grilled Vegetables:** yellow & red peppers, zucchini, yellow squash

**Italian Blend:** Carrots, cauliflower, lima beans, green beans, zucchini

**Prince Edward Blend:** Carrots & Green/Yellow beans.