

# July Lunch Menu

OPH

## 1 Sunday

**SOUP** Cream of Mushroom  
**MAIN** Salmon Salad Croissant  
*OR* Grilled Vegetable Sandwich *OR* Maple Pancakes\* *OR* Spanakopita\*  
**DESSERT** Fruit Salad

## 2 Monday

**SOUP** Vegetable Lentil  
**MAIN** Grilled Cheddar Sandwich *OR* Fish Sticks & French Fries *OR* Veggie Cheese Pizza\* *OR* Potato Latkes\*  
**DESSERT** Yogurt & Berries

## 3 Tuesday

**SOUP** Carrot & Ginger  
**MAIN** Egg Salad Sandwich *OR* Chickpea Tagine *OR* Vegetable Thai Curry\* *OR* Lemon Chicken Sandwich\*  
**DESSERT** Tapioca Pudding

## 4 Wednesday

**Patio BBQ**  
**14<sup>th</sup> floor**  
 11:30 am – 1:00 pm

## 5 Thursday

**SOUP** Borscht *OR* Pepper Cabbage\*  
**MAIN** Pastrami on Rye *OR* Falafel Hummus *OR* Veggie Burger\* *OR* Mediterranean Salad\*  
**DESSERT** Vanilla Mousse

## 6 Friday

**SOUP** Minestrone  
**MAIN** Philly Cheese Sandwich *OR* Potato & Cheese Frittata *OR* Egg Salad Sandwich\* *OR* Lemon Pepper Salmon\*  
**DESSERT** Pineapple & Chocolate

## 7 Saturday

**SOUP** Cream of Chicken  
**MAIN** Falafel Pita Pocket *OR* Grilled Salmon *OR* Salmon Salad Croissant\* *OR* Potato & Cheese Frittata\*  
**DESSERT** Banana & Orange

## 8

**SOUP** Mulligatawny  
**MAIN** Lemon Chicken Sandwich *OR* Maple Pancakes with Whipped Cream *OR* Vegetarian Pizza\* *OR* Macaroni & Cheese\*  
**DESSERT** Fruit Cup

## 9

**SOUP** Vegetable Soup  
**MAIN** Caprese Grilled Chicken *OR* Veggie Burger *OR* Chickpea Burger & Potato Wedges\* *OR* Valencia Baked Fish\*  
**DESSERT** Red Grapes

## 10

**SOUP** Chili Bean  
**MAIN** Spanakopita with Marinara *OR* Vegetable Stir Fry *OR* Cheese & Bean Burritos\* *OR* Tuna Quesadilla\*  
**DESSERT** Watermelon & Mint

## 11

**Patio BBQ**  
**14<sup>th</sup> floor**  
 11:30 am – 1:00 pm

## 12

**SOUP** Red Lentil *OR* Corn Chowder\*  
**MAIN** Roast Turkey Sandwich *OR* Mushroom Quiche *OR* Salmon Salad\* *OR* Cottage Cheese & Fruit\*  
**DESSERT** Mandarin Oranges

## 13

**SOUP** Cabbage Pepper Soup  
**MAIN** Egg Salad Sandwich *OR* Balsamic Glazed Chicken *OR* Tuna Sandwich\* *OR* Red Onion Quiche\*  
**DESSERT** Pineapple & Chocolate

## 14

**SOUP** Tomato Basil or Salad  
**MAIN** Vegetarian Chilli *OR* Breaded Pollock *OR* Vegetarian Chilli\* *OR* BBQ Chicken Wrap\*  
**DESSERT** Strawberry Rhubarb Compote

## 15

**SOUP** Autumn Squash  
**MAIN** Smoked Meat Sandwich *OR* Veal Parmesan *OR* Homemade Knishes\* *OR* Vegetable Frittata\*  
**DESSERT** Poached Pears *OR* Banana Pudding\*

## 16

**SOUP** Split Pea  
**MAIN** BBQ Hamburger *OR* Vegetarian Cassoulet *OR* Chick Pea Tagine\* *OR* Egg Salad Sandwich\*  
**DESSERT** Orange, Banana & Coconut

## 17

**SOUP** Borscht  
**MAIN** Monte Cristo Sandwich *OR* Zesty Orange Fish *OR* Breaded Tilapia with Potato Salad\* *OR* Cabbage Rolls\*  
**DESSERT** Mixed Yogurt & Fruit

## 18

**Patio BBQ**  
**14<sup>th</sup> floor**  
 11:30 am – 1:00 pm

## 19

**SOUP** Tomato Basil  
**MAIN** Rubens Pastrami *OR* Manicotti *OR* Vegetable Strudel\* *OR* Grilled Cheddar & Onion Sandwich\*  
**DESSERT** Melon & Strawberries

## 20

**SOUP** Mushroom Barley Soup  
**MAIN** Chicken Souvlaki Sandwich *OR* Breaded Cod *OR* Cheese & Veg Quesadilla\* *OR* Baked Meat Lasagna\*  
**DESSERT** Red Grapes

## 21

*Brunch*  
*In the Dining Room*  
 10:30 am – 12:30 pm  
 Please make Reservations

## 22

**SOUP** Cream of Tomato  
**MAIN** Grilled Cheese Sandwich *OR* Seared Salmon *OR* Black Bean Burger with Cheese\* *OR* Asian Vegetable Stir Fry with Green Onion\*  
**DESSERT** Honeydew & Mint

## 23

**SOUP** Vegetable Rice  
**MAIN** Seafood Salad Croissant *OR* Asian Vegetable Stir Fry *OR* Grilled Cheese\* *OR* Chimmichurri Salmon\*  
**DESSERT** Baked Apple with Caramel Sauce

## 24

**SOUP** Tuscany Garbanzo  
**MAIN** Beef Dip Sandwich with Au Jus *OR* Grilled Trout with Lemon *OR* Italian Smoked Meat\* Sandwich *OR* Meat Lasagna\*  
**DESSERT** Tiramisu Parfait

## 25

**Patio BBQ**  
**14<sup>th</sup> floor**  
 11:30 am – 1:00 pm

## 26

**SOUP** Lentil Soup  
**MAIN** Pastrami on Rye *OR* Broccoli Cheddar Quiche *OR* Grilled Vegetable Pizza\* *OR* Baked Spinach Florentine\*  
**DESSERT** Fruit Cup

## 27

**SOUP** Butternut Squash Soup  
**MAIN** Egg Salad on Brioche *OR* Fish Sticks *OR* Tuna Salad Sandwich with Lemon\* *OR* Zucchini Frittata\*  
**DESSERT** Poached Pears *OR* Mandarin Orange\*

## 28

**SOUP** Red Pepper & Tomato  
**MAIN** BBQ Beef Burger *OR* Tortellini in Tomato Sauce *OR* Falafel Pita Pockets\* *OR* Broccoli Cheddar Quiche\*  
**DESSERT** Lemon Mouse with Berries

## 29

**SOUP** Corn Chowder *OR* Split Pea\*  
**MAIN** Roasted Vegetable Sandwich *OR* Chicken Caesar Salad *OR* Berry Pancakes\* *OR* Seared Salmon Pasta Salad\*  
**DESSERT** Watermelon & Mint

## 30

**SOUP** Minestrone  
**MAIN** Roast Beef Sandwich *OR* Vegetable Egg Frittata *OR* BBQ Tofu, Lettuce & Tomato Sandwich\* *OR* Homemade Vegetarian Lasagne\*  
**DESSERT** Banana & Orange

## 31

**SOUP** Split Pea  
**MAIN** Grilled Cheddar with Onion & Tomato Sandwich *OR* Tuna Salad Plate *OR* Holishkes\* *OR* Shakshuka\* with Mashed Potatoes\*  
**DESSERT** Honey Apple Cake

*Menu subject to change*

# July Dinner Menu OPH

## 1 Sunday

**SALAD** *Resident's Choice TBD*  
**SOUP** Chicken\*  
**MAIN** *Resident's Choice TBD OR*  
 Turkey Dinner\* **OR**  
 Grilled Trout Almandine\*  
**DESSERT** *Resident's Choice TBD*  
 OR Honeydew & Mint\*

## 2 Monday

**SALAD** Tossed  
**MAIN** Teriyaki Chicken **OR**  
 Traditional Beef Stew **OR**  
 Chicken Teriyaki with  
 Green Onion\* **OR**  
 Vegetable Pot Pie\*  
**DESSERT** Apple Loaf

## 3 Tuesday

**SOUP** French Onion **OR** Asian  
 Tofu\*  
**MAIN** Penne Alfredo **OR**  
 Herbed Baked Trout **OR**  
 Ginger Beef\* **OR** Chicken  
 Stir Fry\*  
**DESSERT** Mango Coconut Rice  
 Pudding

## 4 Wednesday

**SALAD** Tossed  
**MAIN** BBQ Beef Short Ribs  
**OR** Breaded Cod **OR**  
 Asparagus Quiche\* **OR**  
 Pot Roast & Gravy\*  
**DESSERT** Yellow Cake & Icing

## 5 Thursday

**SALAD** Coleslaw **OR** Carrot &  
 Celery Sticks\*  
**MAIN** Thai Curry with Cilantro  
**OR** Vegetable Lasagne **OR**  
 Stuffed Bell Pepper\* **OR**  
 Chicken Jambalaya\*  
**DESSERT** Carrot Cake

## 6 Friday

**SOUP** Cream of Potato Dill **OR**  
 Chicken Matzo Ball\*  
**MAIN** Roast Beef & Yorkshire  
 Pudding **OR** Pesto Baked  
 Tilapia **OR** Beef Kebabs\*  
**OR** Roast Chicken\*  
**DESSERT** Watermelon & Blueberries

## 7 Saturday

**SALAD** Tomato Cucumber  
**MAIN** Sweet & Sour chicken  
**OR** Tomato Baked  
 Portobello Mushroom **OR**  
 Vegetable Lasagne\* **OR**  
 Hot Beef Sandwich\*  
**DESSERT** Angel Food Cake

## 8

**SALAD** Broccoli  
**MAIN** Breaded Tilapia **OR**  
 Chicken Mango Salad  
 Plate **OR** Quinoa Chicken  
 Tenders\* **OR** Roasted  
 Salmon\*  
**DESSERT** Baked Apple

## 9

**SALAD** Tossed  
**MAIN** Beef Goulash **OR**  
 Vegetable Napoleon **OR**  
 Turkey Stroganoff\* **OR**  
 Moroccan Couscous  
 Salad\*  
**DESSERT** Blueberry Cobbler

## 10

**SOUP** Sweet Potato Carrot **OR**  
 Taco\*  
**MAIN** Chicken Wings **OR** BBQ  
 Meatball Sliders **OR** Beef  
 & Rice Casserole\* **OR**  
 Mexican Chicken  
**DESSERT** Vanilla Pudding **OR** Key  
 Lime Pie\*

## 11

**SALAD** Tomato & Onion Salad  
**MAIN** Southern Fried Chicken  
**OR** Parmesan Salmon **OR**  
 Penne with Grilled  
 Vegetables\* **OR** Beef Pot  
 Roast\*  
**DESSERT** Pineapple Upside Down  
 Cake

## 12

**SALAD** Romaine  
**MAIN** Baked Basa **OR** Tuna  
 Cobb Salad **OR** Chicken &  
 Rice Casserole\* **OR**  
 Grilled Vegetable  
 Skewers\*  
**DESSERT** Watermelon & Mint

## 13

**SOUP** French Onion Soup  
**SALAD** Coleslaw Vinaigrette\*  
**MAIN** Steak Night **OR** Vegetable  
 Napoleon with Rice Pilaf  
**OR** Beef Brisket\*  
**OR** Creamy Chicken &  
 Mushroom Pasta\*  
**DESSERT** Chocolate Flourless Cake

## 14

**SALAD** Baby Greens  
**MAIN** Moroccan Basa **OR**  
 Tortellini & Peppers in  
 Tomato Sauce **OR** Salmon  
 Salad\* **OR**  
 Vegetable Lasagne\*  
**DESSERT** Apple Crumble

## 15

**SALAD** Matchstick Carrot Salad  
**MAIN** Tandoori Chicken  
**OR** Chefs Salad **OR**  
 Corned Beef\* **OR**  
 Trout Almandine\*  
**DESSERT** Cherry Tart

## 16

**SALAD** Spinach  
**MAIN** Penne with Meatballs  
**OR** Fennel Chicken **OR**  
 BBQ Hamburger\* **OR**  
 BBQ Chicken\*  
**DESSERT** Peach Crisp

## 17

**START** Chicken Taco Soup **or**  
 Beet Salad\*  
**MAIN** Turkey Schnitzel  
**OR** Meat Lasagna **OR**  
 Lamb Dushenina\* **OR**  
 Deruni\*  
**DESSERT** Fresh Strawberries

## 18

**SALAD** Cucumber & Red Onion  
**MAIN** Meat Lover Pizza  
**OR** Basil Tomato  
 Mozzarella Sandwich **OR**  
 Penne with Chicken Pot  
 Pie\* **OR** Baked Salmon\*  
**DESSERT** Chocolate Cake

## 19

**SALAD** Spring Mix  
**SOUP** Noodle\*  
**MAIN** Meatloaf **OR** Jamaican  
 Jerk Chicken **OR**  
 Pasta & Meatballs\* **OR**  
 Chicken Korma\*  
**DESSERT** Apple Strudel

## 20

**SOUP** Tomato Macaroni **OR**  
 Chicken Matzo Ball\*  
**MAIN** Chicken ala Kiev  
**OR** Pasta Primavera **OR**  
 Shepherd's Pie\* **OR**  
 Roast Chicken\*  
**DESSERT** Maraschino Cherry Loaf

## 21

**SALAD** Tossed Salad  
**MAIN** Cabbage Rolls **OR** Liver  
 & Onions **OR** BBQ  
 Chicken Sandwich\* **OR**  
 Moroccan Vegetable  
 Stew\*  
**DESSERT** Chocolate Mousse

## 22

**SALAD** Mixed Greens  
**SOUP** Borscht\*  
**MAIN** Chimmichurri Chicken  
 Thigh **OR** Breaded Tilapia  
**OR** BBQ Braised Short  
 Ribs\* **OR** Cajun Salmon\*  
**DESSERT** Chocolate Brownie

## 23

**SALAD** Spinach  
**MAIN** Rotini in Meat Sauce  
**OR** Chicken Stew **OR**  
 Salisbury Steak\* **OR**  
 Apple Chicken  
 Sandwich\*  
**DESSERT** Pear Crisp

## 24

**SOUP** Tomato Basil\*  
**MAIN** BBQ Beef Short Ribs **OR**  
 Egg Salad Platter with  
 Tomato & Cucumber **OR**  
 BBQ Mini Burger\* **OR**  
 Italian Bean Stew\*  
**DESSERT** Fruit & Custard

## 25

**SALAD** Pear Waldorf  
**MAIN** Baked Chicken Breast **OR**  
 Breaded Cod **OR** Lazy  
 Cabbage Rolls\* **OR**  
 Roasted Turkey  
 Sandwich  
**DESSERT** Chocolate Hazelnut Cake

## 26

**SALAD** Garlic Chickpea  
**SOUP** Vegetable Rice\*  
**MAIN** Pot Roast Beef **OR**  
 Spinach & Cheese  
 Manicotti **OR** Grilled  
 Salmon\* **OR** Meat Pie  
**DESSERT** Cantaloupe & Honeydew

## 27

**SOUP** Beef & Barley **OR** Chicken  
 Matzo Ball\*  
**MAIN** Lamb Tagine **OR** Maple  
 Dijon Salmon **OR** Roasted  
 Lamb\* **OR** Grilled Veggie  
 Skewers\*  
**DESSERT** Maraschino Cherry Loaf

## 28

**SALAD** Tossed  
**MAIN** Southern Baked Chicken  
**OR** Chicken Apple Salad  
**OR** Pot Roast Beef with  
 Horseradish & Gravy\* **OR**  
 Chicken Kebabs\*  
**DESSERT** Fresh Strawberries

## 29

**SALAD** Tossed  
**SOUP** Borscht\*  
**MAIN** Teriyaki Chicken **OR** Herb  
 Crusted Salmon **OR**  
 Chicken Salad\* **OR**  
 Honey Soy Grilled  
 Salmon\*  
**DESSERT** Pineapple & Banana

## 30

**SOUP** Kale Caesar **OR** Garden  
 Rainbow\*  
**MAIN** Tuscany Turkey Breast  
**OR** Shepherd's Pie **OR**  
 Chicken Burger\*  
**OR** Corned Beef  
 Sandwich\*  
**DESSERT** Lemon Tart

## 31

**SOUP** Florentine Soup **OR**  
 Vegetable Egg Drop\*  
**MAIN** Beef Burgundy **OR** BBQ  
 Chicken **OR** Hameen\* **OR**  
 Sephardic Moroccan  
 Fish\*  
**DESSERT** Chocolate Chickpea  
 Cake **OR** Kichel\*

*Menu subject to change*