

# GARDEN OF PALMS MENU



# January 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**MENU ALTERNATIVES**

Fruit & Cottage Cheese Platter

Assorted Sandwiches including Egg or Tuna Salad, Turkey Peanut Butter & Jelly

<p><b>1</b> <i>New Years Eve</i> <u>BREAKFAST</u> Pancakes, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Cream of Tomato Soup, Mediterranean Salad Plate, Hummus/Falafel, Pita Bread Lemon Sorbet <u>DINNER</u> Vegetable Soup, BBQ Chicken OR Marinara Chicken, Baked Potato Sautéed Peas and Carrots, Apple Crisp</p>	<p><b>2</b> <u>BREAKFAST</u> French Toast, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Egg Drop Soup, Orange Chicken Basmati Rice, Stir Fried Broccoli Almond Cookies <u>DINNER</u> Lentil Soup, Salisbury Steak OR Baked Chicken, Mashed Potato Green Bean Amandine, Cream Puffs</p>	<p><b>3</b> <u>BREAKFAST</u> Pancakes, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Minestrone Soup, Vegetable Lasagna w/Cheese, Fresh Garlic Toast, Garden Salad, Spumoni <u>DINNER</u> Cabbage Soup, Chicken Schnitzel OR BBQ Chicken, Sweet Potato, Israeli Salad Chocolate Cake</p>	<p><b>4</b> <u>BREAKFAST</u> French Toast, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Mushroom Barley Soup, Deluxe Hot Dog w/ Sauerkraut OR Grilled Vegetables Three Bean Salad, Oatmeal Cookie <u>DINNER</u> Carrot Soup, Baked Salmon OR Roasted Chicken, Cous Cous Cauliflower, Mandel Bread</p>	<p><b>5</b> <u>BREAKFAST</u> Pancakes, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Tomato White Bean Soup, Fresh Fruit Plate Yogurt/Cottage Cheese Pumpkin Bread, Jello <u>DINNER</u> Matza Ball Soup, Challah/Gefilte Fish OR Roast Beef, Roasted Potato Vegetables Florentine, Honey Cake</p>	<p><b>6</b> <u>BREAKFAST</u> Lox &amp; Bagels, Hardboiled Eggs Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Cold Borscht Soup, Egg Salad and Tuna Salad, French Bread, Garden Salad Strawberry Tart <u>DINNER</u> Split Pea Soup, Chicken Cobb Salad OR Herbed Chicken, Beet Salad Quinoa Salad w/Veggies, Fresh Fruit Cup</p>																					
<p><b>7</b> <u>BREAKFAST</u> French Toast, Eggs any style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Potato Leek Soup, Broccoli Beef Steamed Rice, Coconut Pecan Cookie <u>DINNER</u> Butternut Squash, Chicken Marsala OR Roasted Chicken, Potato Wedges Honey Carrots, Poached Pear</p>	<p><b>8</b> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Minestrone Soup, Cheese &amp; Vegetable Pizza, Antipasto Salad Chocolate Mousse <u>DINNER</u> White Bean Soup, Stuffed Cabbage OR Herbed Chicken, Roasted Potatoes Sautéed Green Beans, Jello w/Fruit</p>	<p><b>9</b> <u>BREAKFAST</u> French Toast, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Tomato Soup, Eggplant Parmesan Garden Salad, Fruit Garnish Raspberry Sorbet <u>DINNER</u> Cabbage Soup, BBQ Chicken OR Roasted Chicken, Corn on the Cobb Tossed Salad w/Garbanzos, Tomatoes Balsamic Vinaigrette, Carrot Cake</p>	<p><b>10</b> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Spinach Soup, Mushroom Ravioli w/Garlic and Oil, Garden Salad, Cannoli <u>DINNER</u> Lentil Soup, Grilled Tilapia OR Roasted Chicken, Basmati Rice Creamed Spinach, Mandel Bread</p>	<p><b>11</b> <u>BREAKFAST</u> French Toast, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Mushroom Barley Soup Turkey w/Avocado Sub Sandwich Coleslaw, Pickle &amp; Olives, Fresh Fruit <u>DINNER</u> Vegetable Soup, Meat Loaf OR Apricot Chicken, Sweet Potato, Sautéed Fresh Carrots, Coconut Pecan Cookie</p>	<p><b>12</b> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Black Bean Soup, Cheese Enchiladas Spanish Rice, Guacamole, Churros <u>DINNER</u> Kreplach Soup, Challah/Gefilte Fish Oven Fried Chicken OR Roasted Chicken, Potato Kugel Sautéed Broccoli, Bread Pudding</p>																					
<p><b>14</b> <u>BREAKFAST</u> French Toast, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Egg Drop Soup, Chicken Chow Mein Tossed Green Salad w/Carrot Ginger Dressing, Almond Cookie <u>DINNER</u> Butternut Squash, Brisket of Beef OR Roasted Chicken, Potato Pancake Sautéed Cabbage, Chocolate Brownie</p>	<p><b>15</b> <i>Martin Luther King Jr.</i> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Corn Chowder, Fish &amp; Chips, Coleslaw Sweet Potato Fries, Chocolate Ice Cream <u>DINNER</u> Cauliflower Soup, Turkey Meat Loaf OR Baked Chicken, Mashed Potatoes Green Beans Almandine Spanish Tart Cake</p>	<p><b>16</b> <u>BREAKFAST</u> French Toast, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Mushroom Barley Soup, Mediterranean Salad Plate, Hummus/Falafel Pita Bread, Baklava <u>DINNER</u> Tomato White Bean Soup, Rib Eye Steak OR Roasted Chicken, Herbed Rice Grilled Lemon Garlic Zucchini Sugar Cookie</p>	<p><b>17</b> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Vegetable Soup, Choice of California Burger OR Grilled Hot Dog, French Fries Carrot Salad, Apple Pie <u>DINNER</u> Lentil Soup, Chicken Schnitzel OR Grilled Chicken, Seasoned Potato Wedges, Creamed Spinach Mandel Bread</p>	<p><b>18</b> <u>BREAKFAST</u> French Toast, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Minestrone Soup, Vegetable Lasagna w/ Cheese, Fresh Garlic Toast Garden Salad, Spumoni <u>DINNER</u> Butternut Squash, Chicken Schnitzel OR BBQ Chicken, Kasha Varnishkes Roasted Carrots, Blueberry Cake</p>	<p><b>19</b> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Spinach Soup, Cheese Blintzes Cottage Cheese, Apple Sauce and Sour Cream, Fresh Fruit <u>DINNER</u> Matza Ball Soup, Challah/Gefilte Fish Lamb Chops w/Mint Jam OR Baked Chicken, Sweet Noodle Kugel, Tossed Salad, Apple Sauce Cake</p>																					
<p><b>21</b> <u>BREAKFAST</u> French Toast, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Grilled Red Pepper Soup, Grilled Tilapia Baked Yam, Waldorf Salad, Lemon Bar <u>DINNER</u> Cabbage Soup, Turkey Tuscany OR Roasted Chicken, Mashed Potatoes Sautéed Green Beans Chocolate Brownie</p>	<p><b>22</b> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Carrot Soup, Vegetable &amp; Cheese Pizza Garden Salad, Ice Cream Sundae <u>DINNER</u> Lentil Soup, Spaghetti w/Meat Balls OR Baked Chicken, Garlic Bread Sautéed Broccoli, Blueberry Cake</p>	<p><b>23</b> <u>BREAKFAST</u> French Toast, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Roasted Red Pepper Soup, Tuna Salad Plate, Fresh Bread, Fruit Garnish Carrot Cake <u>DINNER</u> Corn Soup, Curry Chicken OR Roasted Chicken, White Rice Cole Slaw, Coconut Cookie</p>	<p><b>24</b> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Muffin <u>LUNCH</u> Black Bean Soup, Cheese Enchiladas Spanish Rice, Guacamole, Churros <u>DINNER</u> Mushroom Barley Soup, Baked Tilapia OR Roasted Chicken, Mashed Potato Corn and Red Peppers, Mandel Bread</p>	<p><b>25</b> <u>BREAKFAST</u> French Toast, Eggs any Style Hot &amp; Cold Cereals, Fresh Fruit, Muffin <u>LUNCH</u> Cream of Broccoli Soup, Eggplant Parmesan, Italian Salad, Fruit Garnish Fresh Fruit <u>DINNER</u> Tomato Basil Soup, French Dip Au Jus OR BBQ Chicken, Herb Roasted Potato Wedges, Cole Slaw, Raspberry Sorbet</p>	<p><b>26</b> <u>BREAKFAST</u> Pancakes, Eggs any Style, Muffin Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Tomato Vegetable Soup, Grilled Cheese Sandwich on Sourdough, French Fries Tossed Salad, Watermelon Slices <u>DINNER</u> Kreplach Soup, Challah/Gefilte Fish OR Apricot Tequila Chicken, Potato Kugel Tzimmes, Honey Cake</p>																					
<p><b>28</b> <u>BREAKFAST</u> French Toast, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Mushroom Barley Soup, Corned Beef on Rye w/Dill Pickle, Potato Salad Sliced Lettuce/Tomato, Lemon Bar <u>DINNER</u> White Bean Soup, Chicken Pot Pie OR Roasted Chicken, Steamed Rice Chocolate Brownie</p>	<p><b>29</b> <u>BREAKFAST</u> Pancakes, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Cream of Tomato Soup, Mediterranean Salad Plate, Hummus/Falafel, Pita Bread Lemon Sorbet <u>DINNER</u> Vegetable Soup, BBQ Chicken OR Marinara Chicken, Baked Potato Sautéed Peas and Carrots, Apple Crisp</p>	<p><b>30</b> <u>BREAKFAST</u> French Toast, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Egg Drop Soup, Orange Chicken Basmati Rice, Stir Fried Broccoli Almond Cookies <u>DINNER</u> Lentil Soup, Salisbury Steak OR Baked Chicken, Mashed Potato Green Bean Amandine, Cream Puffs</p>	<p><b>31</b> <u>BREAKFAST</u> Pancakes, Eggs any Style, Prunes Hot &amp; Cold Cereals, Fresh Fruit <u>LUNCH</u> Minestrone Soup, Vegetable Lasagna w/Cheese, Fresh Garlic Toast, Garden Salad, Spumoni <u>DINNER</u> Cabbage Soup, Chicken Schnitzel OR BBQ Chicken, Sweet Potato, Israeli Salad Chocolate Cake</p>	<p><b>THE MONTH OF JANUARY IS...</b></p> <table border="0"> <tr> <td>Alzheimer's Awareness Month</td> <td>National Glaucoma Awareness Month</td> </tr> <tr> <td>Book Blitz Month</td> <td>National Hot Tea Month</td> </tr> <tr> <td>Celebration of Life Month</td> <td>National Mentoring Month</td> </tr> <tr> <td>Financial Wellness Month</td> <td>National Skating Month</td> </tr> <tr> <td>International Change Your Stars Month</td> <td>National Soup Month</td> </tr> <tr> <td>International Creativity Month</td> <td>Oatmeal Month</td> </tr> <tr> <td>International Quality of Life Month</td> <td>Rising Star Month</td> </tr> <tr> <td>National Be On-Purpose Month</td> <td>Shape Up US Month</td> </tr> <tr> <td>National Book Month</td> <td>Thyroid Awareness Month</td> </tr> <tr> <td>National Get Organized Month</td> <td></td> </tr> </table>		Alzheimer's Awareness Month	National Glaucoma Awareness Month	Book Blitz Month	National Hot Tea Month	Celebration of Life Month	National Mentoring Month	Financial Wellness Month	National Skating Month	International Change Your Stars Month	National Soup Month	International Creativity Month	Oatmeal Month	International Quality of Life Month	Rising Star Month	National Be On-Purpose Month	Shape Up US Month	National Book Month	Thyroid Awareness Month	National Get Organized Month		<p><b>BEVERAGES</b></p> <p><b>Breakfast</b> Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water</p> <p><b>Lunch &amp; Dinner</b> Coffee - Hot Tea Water - Ice Tea Lemonade</p>
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**DINING HOURS** Breakfast: 7:30 to 9:00 a.m. / Lunch: 12:00 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m.

Menu subject to change.

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