

GARDEN OF PALMS MENU



June 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

BEVERAGES

Breakfast
Cranberry, Apple, Orange Juices
Coffee - Hot Tea
Hot Chocolate
Milk - Water
Lunch & Dinner
Coffee - Hot Tea
Water - Ice Tea
Lemonade



THE MONTH OF JUNE IS...

African-American Music Appreciation Month
Aquarium Month
Candy Month
Dairy Month
Fight the Filthy Fly Month
Gay Pride Month
Men's Health Month
National Accordion Awareness Month
National Adopt a Cat Month

National Candy Month
National Camping Month
National Country Cooking Month
National Dairy Month
National Great Outdoors Month
National Iced Tea Month
National Papaya Month
Rose Month
National Safety Month
Turkey Lovers Month

1 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Potato Soup, Fresh Fruit Plate
Yogurt/Cottage Cheese
Cornmeal Bread, Jell-O
DINNER
Matza Ball Soup, Challah, Gefilte Fish
Roast Beef, Spanish Rice
Vegetable Florentine, Honey Cake

2 **BREAKFAST**
Lox & Bagels, Hard Boiled Eggs
Cold Cereals, Fresh Fruit, Prunes
LUNCH
Cold Borscht Soup, Egg Salad and Tuna Salad, French Bread, Garden Salad
Strawberry Tart
DINNER
Split Pea Soup, Chicken Salad or Herbed Chicken, Beet Salad
Rotini Salad w/Veggies
Chocolate Cake

3 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Red Bell Pepper Soup, Eggplant Parmesan w/Cheese, Garden Salad, Fresh Fruit
Coconut Cookies
DINNER
Roasted Butternut Squash Soup
Apricot Tequila Chicken, Potato Wedges
Honey Carrots, Poached Pear

4 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Minestrone Soup, Cheese & Vegetable Pizza, Cabbage Salad, Fresh Fruit
Chocolate Mousse
DINNER
White Bean Soup, Meatloaf or Herbed Chicken, Mashed Potatoes
Green Beans, Banana Cake

5 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Tuna Casserole, Fresh Challah
Fresh Fruit, Raspberry Sorbet
Chocolate Cake
DINNER
Minestrone Soup, BBQ Chicken or Roasted Chicken, Corn on the Cob
Tossed Salad w/Garbanzo and Tomato
Almond Cookies

6 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Broccoli Beef, Steamed Rice
Fruit, Jell-O
DINNER
Lentil Soup, Grilled Tilapia or Roasted Chicken, Couscous
Creamed Spinach, Mandel Bread

7 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Mushroom Barley Soup
Turkey w/Avocado Sub Sandwich, Pickle
Cucumber Salad, Fresh Fruit
DINNER
Vegetable Soup, Stuffed Cabbage
Roasted Potatoes, Fresh Ginger Carrots
Baked Apples

8 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Pinto Bean Soup, Cheese Enchiladas
Spanish Rice, Guacamole, Churros
DINNER
Kreplach Soup, Challah, Gefilte Fish
Oven Fried Chicken or
Roasted Chicken, Potato Kugel
Sautéed Broccoli, Bread Pudding

9 **BREAKFAST**
Lox & Bagels, Hardboiled Eggs
Cold Cereal, Fresh Fruit, Prunes
LUNCH
Borscht Soup, Cholent
Garden Salad, Fruit Cup
DINNER
Split Pea Soup, Honey Mustard Salmon or Herbed Chicken
Tri-Color Pasta Salad, Dinner Roll
Chocolate Chip Cookies

10 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Grilled Red Pepper Soup, Choice of Hot Dog or Hamburger, Carrot Salad, French Fries, Oatmeal Cookies, Watermelon
DINNER
Cauliflower Soup, Turkey Meatloaf or Baked Chicken, Green Beans Almandine
Spinach Tarter

11 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Leak and Roasted Peppers, Vegetable Quiche, Green Salad, Focaccia Bread
Chocolate Mousse
DINNER
Cauliflower Soup, Turkey Spaghetti & Meatballs or Baked Chicken, Broccoli Cookies

12 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Mushroom Barley Soup, Mediterranean Salad Plate, Hummus/Falafel
Pita Bread, Carrot Cake
DINNER
Tomato Soup, Rib Eye Steak or Roasted Chicken, Herbed Rice, Grilled Lemon
Garlic Zucchini, Sugar Cookies

13 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Vegetable Soup, Salmon, Rice
Garden Salad, Lemon Bar
DINNER
Lentil Soup, Chicken Marsala
Seasoned Potatoes
Creamed Spinach
Yellow Cake

14 *Flag Day*
BREAKFAST
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Minestrone Soup, Tuna Melt Sandwich
French Fries, Garden Salad
Spumoni Ice Cream
DINNER
Butternut Squash, Chicken Schnitzel or BBQ Chicken, Kasha Varnishkes
Roasted Carrots, Fresh Fruit

15 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Corn Soup, Cheese Blintzes, Cottage Cheese, Apple Sauce, Sour Cream
Fresh Fruit
DINNER
Matza Ball Soup, Challah, Gefilte Fish
Lamb Chops w/Mint Jam or Baked Chicken, Sweet Noodle, Kugel
Tossed Salad, Apple Sauce Cake

16 **BREAKFAST**
Lox & Bagels, Hardboiled Eggs
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Borscht, Chinese Chicken Salad w/Rice Noodles, Asian Dressing, Fresh Orange Slices, Bread, Chocolate Cake
DINNER
Split Pea Soup, Mediterranean Wraps w/Chicken & Hummus or Baked Chicken
Tabouli Marinated Cucumber & Tomato Salad, Fresh Fruit Cup

17 *Father's Day*
BREAKFAST
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
FATHER'S DAY BBQ
DINNER
Cabbage Soup, Marinara Chicken or Roast Chicken, Mashed Potatoes
Grilled Zucchini, Baked Potato
Chocolate Brownies

18 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Carrot Soup, Veggie Chopped Liver
Garden Salad, Focaccia Bread
Ice Cream Sundae
DINNER
Lentil Soup, Salisbury Steak w/Mushroom Sauce, Mashed Potatoes, Green Beans
Blueberry Cake

19 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Cream of Broccoli Soup, Salmon Patty
Israeli Couscous w/ Olives and Roasted Tomatoes, Fresh Grilled Zucchini
Fresh Fruit
DINNER
Corn Soup, Curry Chicken or Roasted Chicken, Rice, Coleslaw
Coconut Cookies

20 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Veggie Soup, Chili/Carne Spaghetti
Broccoli, Chocolate Cookies
DINNER
Mushroom Barley Soup, Baked Tilapia or Roasted Chicken, Mashed Potatoes
Green Peas and Red Pepper
Mandel Bread

21 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Egg Drop Soup, Chicken Lo Mein
Fresh Fruit, Apple Sauce Cake
DINNER
Tomato Basil Soup, French Dip Au Jus or BBQ Chicken, Herb Roasted Potatoes
Coleslaw, Raspberry Sorbet

22 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Tomato Veggie Soup, Grilled Cheese Sandwiches, French Fries, Tossed Salad
Watermelon Slices
DINNER
Kreplach Soup, Challah/Gefilte Fish or Apricot Tequila Chicken, Potato Kugel
Tzimmes, Honey Cake

23 **BREAKFAST**
Lox & Bagels, Hardboiled Eggs
Cold Cereals, Fresh Fruit, Prunes
LUNCH
Borscht Soup, Chicken Salad Sandwich
Garden Salad, Fresh Fruit
DINNER
Split Pea Soup, Poached Salmon w/Dill Sauce, Pasta Salad
Marinated Cucumber Salad
Chocolate Butterscotch Bar

24 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Mushroom Barley Soup, Mediterranean Salad Plate, Hummus/Falafel, Pita Bread
Lemon Sorbet
DINNER
Vegetable Soup, BBQ Chicken or Marinated Chicken, Baked Potato
Cream of Spinach, Apple Crisp

25 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Egg Drop Soup, Orange Chicken
Brown Rice, Broccoli, Almond Cookies
DINNER
Onion Soup
Spaghetti & Meatballs, Zucchini
Cream Puff

26 **BREAKFAST**
French Toast, Eggs any Style, Prunes
Hot & Cold Cereals, Fresh Fruit
LUNCH
Mushroom Barley Soup, Corned Beef
Sandwich w/Rye Bread, Coleslaw
Lemon Bar
DINNER
White Bean Soup, Poached Salmon
Roasted Chicken, Rice Pilaf
Israeli Salad, Chocolate Brownie

27 **BREAKFAST**
Pancakes, Eggs any Style, Prunes
Hot & Cold Cereals, Fresh Fruit
LUNCH
Minestrone Soup, Vegetable Lasagna
w/Cheese, French Garlic Toast
Garden Salad, Spumoni
DINNER
Cabbage Soup, Chicken Schnitzel or BBQ Chicken, Sweet Potato, Green
Salad, Chocolate Cake

28 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Corn Chowder, Fish & Chips, Coleslaw
Sweet Potato Fries
Chocolate Ice Cream
DINNER
Cauliflower Soup, Turkey Meatloaf or Baked Chicken, Mashed Potatoes
Green Bean Almandine
Spanish Tart Cake

29 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Potato Soup, Fresh Fruit Plate
Yogurt/Cottage Cheese
Cornmeal Bread, Jell-O
DINNER
Matza Ball Soup, Challah, Gefilte Fish
Roast Beef, Spanish Rice
Vegetable Florentine, Honey Cake

30 **BREAKFAST**
Lox & Bagels, Hard Boiled Eggs
Cold Cereals, Fresh Fruit, Prunes
LUNCH
Cold Borscht Soup, Egg Salad and Tuna Salad, French Bread, Garden Salad
Strawberry Tart
DINNER
Split Pea Soup, Chicken Salad or Herbed Chicken, Beet Salad
Rotini Salad w/Veggies
Chocolate Cake

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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