

GARDEN OF PALMS MENU



October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Mushroom Barley Soup, Corned Beef on Rye w/Dill Pickle, Potato Salad, Sliced Lettuce, Tomato, Lemon Bar</p> <p><u>DINNER</u> White Bean Soup, Chicken Pot Pie OR Roasted Chicken, Steamed Rice Chocolate Brownie</p>	<p>2 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Carrot Soup, Vegetable & Cheese Pizza Garden Salad, Ice Cream Sundae</p> <p><u>DINNER</u> Lentil Soup, Spaghetti w/Meat Balls Baked Chicken, Garlic Bread Sauteed Broccoli Blueberry Cake</p>	<p>3 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Roasted Red Pepper Soup, Tuna Salad Plate, Fresh Bread, Fruit Garnish Carrot Cake</p> <p><u>DINNER</u> Corn Soup, Curry Chicken OR Roasted Chicken, White Rice Cole Slaw, Coconut Cookie</p>	<p>4 <i>Sukkot (begins at sundown)</i></p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Black Bean Soup, Cheese Enchiladas Spanish Rice, Guacamole, Churros</p> <p><u>DINNER</u> Mushroom Barley Soup, Baked Tilapia OR Roasted Chicken, Spanish Rice, Corn and Red Peppers, Mandel Bread</p>	<p>5 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Broccoli Soup Eggplant Parmesan Italian Salad, Fresh Fruit</p> <p><u>DINNER</u> Tomato Basil Soup, French Dip Au/Juis OR BBQ Chicken, Herbed Roasted Potato Wedges, Cole Slaw, Raspberry Sorbet</p>	<p>6 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Tomato Vegetable Soup, Grilled Cheese Sandwich on Sourdough, French Fries Tossed Salad, Watermelon Slices</p> <p><u>DINNER</u> Kreplach Soup, Challah/Gefilte Fish OR Apricot Tequila Chicken, Potato Kugel Tzimmes, Honey Cake</p>	<p>7 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Borscht Soup, Cholent Garden Salad, Fresh Fruit Compote</p> <p><u>DINNER</u> Split Pea Soup, Poached Salmon w/Dill Sauce OR Herbed Chicken Pasta Salad, Marinated Cucumber Salad Chocolate Butterscotch Bar</p>
<p>8 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Pinto Bean Soup, Spaghetti w/Meat Balls OR Baked Chicken, Sautéed Broccoli Blueberry Cake</p> <p><u>DINNER</u> Corn Soup, Curry Chicken OR Roasted Chicken, White Rice, Cole Slaw Coconut Cookie</p>	<p>9 <i>Columbus Day</i></p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Minestrone Soup, Cheese & Vegetable Pizza, Antipasto Salad Chocolate Mousse</p> <p><u>DINNER</u> White Bean Soup, Stuffed Cabbage OR Herbed Chicken, Roasted Potatoes Sautéed Green Beans, Jello w/Fruit</p>	<p>10 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Tomato Soup, Eggplant Parmesan Garden Salad, Fruit Garnish Raspberry Sorbet</p> <p><u>DINNER</u> Lentil Soup, Grilled Tilapia OR Roasted Chicken, Basmati Rice Creamed Spinach, Mandel Bread</p>	<p>11 <i>Sukkot (ends at sundown)</i></p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Roasted Red Pepper Soup, Tuna Salad Plate, Fresh Bread, Fruit Garnish Butter Scotch Cake</p> <p><u>DINNER</u> Butternut Squash Soup, Beef Brisket Herbed Chicken, Garlic Mashed Potatoes, Carrots and Green Peas Honey Cake</p>	<p>12 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Mushroom Barley Soup, Turkey w/Avocado Sub Sandwich, Coleslaw Pickle & Olives, Fresh Fruit</p> <p><u>DINNER</u> Cream of Vegetable Soup, Apricot Chicken OR Baked Chicken, Herbed Rice Green Beans, Carrot Cake</p>	<p>13 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Spinach Soup, Cheese Blintzes Cottage Cheese, Apple Sauce & Sour Cream, Lemon Sorbet</p> <p><u>DINNER</u> Kreplach Soup, Challah/Gefilte Fish OR Oven Fried Chicken, Roasted Chicken Potato Kugel, Sauteed Broccoli Bread Pudding</p>	<p>14 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cold Borscht Soup, Egg Salad or Tuna Salad Scoop, Garden Salad, French Roll Strawberry Tart</p> <p><u>DINNER</u> Split Pea Soup, Salami Sandwich OR Herbed Chicken, Tri-Color Pasta Salad Dinner Roll, Chocolate Chip Cookies</p>
<p>15 <u>BREAKFAST</u> French Toast, Eggs any style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Egg Drop Soup, Chicken Chow Mein, Tossed Green Salad w/Carrot Ginger Dressing, Almond Cookie</p> <p><u>DINNER</u> Butternut Squash, Brisket of Beef Roasted Chicken, Potato Pancake, Sautéed Cabbage, Chocolate Brownie</p>	<p>16 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Minestrone Soup, Cheese & Vegetable Pizza, Antipasto Salad Chocolate Mousse</p> <p><u>DINNER</u> White Bean Soup, Stuffed Cabbage OR Herbed Chicken, Roasted Potatoes Sautéed Green Beans, Jello w/Fruit</p>	<p>17 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Tomato Soup, Eggplant Parmesan Garden Salad, Fruit Garnish Raspberry Sorbet</p> <p><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>18 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Spinach Soup, Mushroom Ravioli w/Garlic and Oil, Garden Salad, Cannoli</p> <p><u>DINNER</u> Lentil Soup, Grilled Tilapia OR Basmati Rice, Creamed Spinach Mandel Bread</p>	<p>19 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Mushroom Barley Soup, Turkey w/Avocado Sub Sandwich, Coleslaw Pickle & Olives, Fresh Fruit</p> <p><u>DINNER</u> Vegetable Soup, Meat Loaf OR Apricot Chicken, Sweet Potato, Sautéed Fresh Carrots, Coconut Pecan Cookie</p>	<p>20 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Black Bean Soup, Cheese Enchiladas, Spanish Rice, Guacamole, Churros</p> <p><u>DINNER</u> Kreplach Soup, Challah/Gefilte Fish Oven Fried Chicken OR Roasted Chicken Potato Kugel Sautéed Broccoli, Bread Pudding</p>	<p>21 <u>BREAKFAST</u> Eggs Benedict, Cold Cereal Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Borscht Soup, Cholent Garden Salad, Fruit Cup</p> <p><u>DINNER</u> Split Pea Soup, Honey Mustard Salmon OR Herbed Chicken, Tri-Color Pasta Salad, Dinner Roll Chocolate Chip Cookies</p>
<p>22 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Grilled Red Pepper Soup, Grilled Tilapia Baked Yam, Waldorf Salad, Lemon Bar</p> <p><u>DINNER</u> Cabbage Soup, Turkey Tuscany OR Roasted Chicken, Mashed Potatoes Sautéed Green Beans, Chocolate Brownie</p>	<p>23 <u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Corn Chowder Soup, Fish & Chips Coleslaw, Sweet Potato Fries</p> <p><u>DINNER</u> Cauliflower Soup, Turkey Meatloaf OR Baked Chicken, Mashed Potatoes Green Beans Almandine Spanish Tart Cake</p>	<p>24 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Mushroom Barley Soup, Mediterranean Salad Plate, Hummus/Falafel Pita Bread, Baklava</p> <p><u>DINNER</u> Tomato White Bean Soup, Rib Eye Steak OR Roasted Chicken, Herbed Rice Grilled Lemon Garlic Zucchini Sugar Cookie</p>	<p>25 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Vegetable Soup, Choice of California Burger OR Grilled Hot Dog, French Fries Carrot Salad, Apple Pie</p> <p><u>DINNER</u> Lentil Soup, Baked Salmon Grilled Chicken, Seasoned Potato Wedges, Creamed Spinach Mandel Bread</p>	<p>26 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Minestrone Soup, Vegetable Lasagna w/ Cheese, Fresh Garlic Toast, Garden Salad Spumoni</p> <p><u>DINNER</u> Butternut Squash Soup, Chicken Schnitzel OR BBQ Chicken, Kasha Varnishkes Roasted Carrots, Blueberry Cake</p>	<p>27 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Spinach Soup, Cheese Blintzes Cottage Cheese, Apple Sauce & Sour Cream, Fresh Fruit</p> <p><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>28 <u>BREAKFAST</u> Lox & Bagels, Hardboiled Eggs Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Borscht Soup Challah, Chinese Chicken Salad w/Rice Noodles, Asian Dressing Fresh Orange Slices w/Walnut and Cinnamon</p> <p><u>DINNER</u> Split Pea Soup, Mediterranean Wrap w/Chicken & Hummus OR Honey Mustard Chicken, Taboula, Marinated Cucumber & Tomato Salad Fresh Fruit Cup</p>
<p>29 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Mushroom Barley Soup, Corned Beef on Rye w/Dill Pickle, Potato Salad, Sliced Lettuce, Tomato, Lemon Bar</p> <p><u>DINNER</u> White Bean Soup, Chicken Pot Pie OR Roasted Chicken, Steamed Rice Chocolate Brownie</p>	<p>30 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Carrot Soup, Vegetable & Cheese Pizza Garden Salad, Ice Cream Sundae</p> <p><u>DINNER</u> Lentil Soup, Spaghetti w/Meat Balls Baked Chicken, Garlic Bread Sauteed Broccoli Blueberry Cake</p>	<p>31 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Roasted Red Pepper Soup, Tuna Salad Plate, Fresh Bread, Fruit Garnish Carrot Cake</p> <p><u>DINNER</u> Corn Soup, Curry Chicken OR Roasted Chicken, White Rice Cole Slaw, Coconut Cookie</p>	<p>OCTOBER IS...</p> <p>All American Breakfast Month Computer Learning Month Cook Book Month Country Music Month Diversity Awareness Month Emergency Care Month Family History Month Hunger Awareness Month National Cookie Month</p>	<p>National Courtesy Month National Dessert Month National Pasta Month National Pizza Month National Pretzel Month National Seafood Month National Piano Month Self-Improvement Month Vegetarian Awareness Month Women of Achievement Month Women's History Month</p>	<p>BEVERAGES</p> <p>Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water</p> <p>Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade</p>	<p>MENU ALTERNATIVES</p> <p>Fruit & Cottage Cheese Platter</p> <p>Assorted Sandwiches including Egg or Tuna Salad, Turkey Peanut Butter & Jelly</p>

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.

lic: 197603221

