

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2022

GARDEN OF PALMS MONTHLY MENU

<p>BREAKFAST 4 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tomato Basil Soup, Grilled Cheese Sandwich, French Fries/Side Salad, Assorted Ice Cream DINNER Cream of Broccoli Soup, Beef Shepard Pie, Grilled Zucchini, Roll, Peanut Butter Cookies</p>	<p>BREAKFAST 5 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Potato Leek Soup, Salmon Quiche, Small Salad, Garlic Toast, Chocolate Cake DINNER Rice Vegetable Soup, Chicken Za'atar Cutlets, Cabbage Salad & Tahini Dairy Free Ice Cream</p>	<p>BREAKFAST 6 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH White Beans Soup, Cheese Ravioli, grilled zucchini, Roll, Chocolate Chip Cookies DINNER Egg Drop Soup, Beef Lo Mein, Fresh Fruit Orange Cake</p>	<p>BREAKFAST 7 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Lentil Soup Eggplant Parmesan, Dinner Roll, Garden Salad, Tomatoes and Feta Cheese Fresh Fruit, Cream Puff DINNER Tomatoes Tortilla Soup Garlic Butter Oven Baked Tilapia Roasted Potatoes, Green Beans, Beaked Apples</p>	<p>BREAKFAST 8 French Toast, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Broccoli Soup, Tuna Cobb Salad, Focaccia Bread, Fresh Fruit Chocolate Brownie, DINNER Minestrone Soup, Herb and Citrus Oven Roasted Chicken, Grill Zucchini, Corry Rice, Chocolate Chips Cookies</p>	<p>BREAKFAST 9 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tree Beans Soup, Zucchini and Potatoes Latkes, Sour Cream, Apples Sause , Small Salad, Apples Pie DINNER Gefilte Fish ,Challah Bread, Horse Radish, Matzo Ball Soup, Spaghetti Meat Bowls, Broccoli, Honey Cake</p>	<p>BREAKFAST 10 Lox & Bagel, Cream Cheese, Hard Boiled Egg, Cold Cereal, Yogurt LUNCH Classic Chicken Borscht Soup, Beef Cholent, Challah Bread, Garden Salad, Banana Cake DINNER Garden Vegetables Soup, BBQ Chicken Potato Salad, Carrot Salad Fresh Fruit</p>
<p>BREAKFAST 11 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cream of Tomato, Teriyaki Salmon Wrap, Beets Salad, Fresh Fruit Coffee Cake DINNER Mongolian Soup, Mongolian Ground Beef, Stem Rice, Sliced Orange Baked Brown Sugar Apples</p>	<p>BREAKFAST 12 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Chef's Soup, Spaghetti and Meat Sauce Rosemary Bread, Small side Salad Pineapple Upside Down Cake DINNER Greek Lentil Soup, Orange Glace Chicken, Green Beans Roasted Bake Potatoes, Fruit Cocktail</p>	<p>BREAKFAST 13 Waffles, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Carrots and Sweet Potatoes Soup, Tilapia With Special Tomatoes Sauce, Dinner Roll, Broccoli, Fresh Melon Slice DINNER Vegetables Rice Soup, Slow Cook Roasted Beef, Pasta Noodle, Sautéed Vegetables, Chef's Dessert</p>	<p>BREAKFAST 14 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Baked Bean Chili Soup, Vegetables Quiche, Garlic Toast, Pomegranate Arugula Salad Apple Turnover DINNER Split Peas Soup, Chicken Pot Pie Garlic Toast, Small Salad, Fresh Fruit Mango Sorbet</p>	<p>BREAKFAST 15 French Toast, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Vegetables Soup, Corn Beef Sandwich, Cole slow, Fresh Fruit, Assorted Desserts DINNER Lentil Soup, Honey Garlic Salmon, Couscous Salad, Mixed Vegetables Marble Cake</p>	<p>BREAKFAST 16 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Chef's Soup, Cheese/Blueberry Blintz Sour Cream/Apple Sauce/Side Salad Coffee Cake DINNER Gefilte Fish, Challah Bread, Horseradish, Matzo Ball Soup Lemon & Pepper Chicken, Rice Garden Vegetables, Mandel Bread</p>	<p>BREAKFAST 17 Lox & Bagel, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit LUNCH Classic Chicken Borscht, Beef Cholent, Challah, Garden Salad Chocolate Cake DINNER Barley Vegetable Soup, Turkey or Pastrami Sandwich/ Coleslaw, Penne Pasta Salad chocolate Cookies</p>
<p>BREAKFAST 18 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH White Beans Soup, Vegetables Lasagna, Garlic Toast, Fresh Fruit, Chef's Cake DINNER Matzo Bowl Soup, Slow Cook Beef Brisket, Green Beans Potato Latkes Jelly Donut Hanukkah Begins</p>	<p>BREAKFAST 19 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Potato Leek Soup, Tuna Pancakes Green Cranberry Salad, Rosemary Bread, ,Fresh Fruit, Sugar Cookies DINNER , Split Pea Soup, Roasted Lemon Time Chicken, Quinoa with Almonds Salad, Sauteed Green Peas, Strawberry Pastry</p>	<p>BREAKFAST 20 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cream Of Mushroom Soup, Vegetables Cheese Quesadilla, Avocado Refray Beans, Frutti Cup, Bread Pudding DINNER Greek Lentil Soup, Meat Sauce With Penni Pasta, Broccoli, Mandel Bread</p>	<p>BREAKFAST 21 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Onion Soup, Vegetables Pizza, Waldorf Salad and BBQ Sauce, ,Chocolate Cookies DINNER Carrot Soup, Sesame Salmon, Sweet Mush Potatoes, Curry Cauliflower Blueberry Cake Winter Begins</p>	<p>BREAKFAST 22 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cabbage Soup, Staff Chicken Breast, Roasted Potatoes, Green Beans Coffee Cake DINNER Minestrone, Classic Meatloaf Mashed Potatoes & Vegetables Mango Sorbet</p>	<p>BREAKFAST 23 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tomato Basil Soup, Potato Pancakes, Cabbage, Moroccan Carrot Salad, Fresh Watermelon DINNER Gefilte Fish, Horseradish, Challah Bread, Matzo Ball Soup, , Schnitzel, Potatoes and Vegetables, Fruit Jell-O</p>	<p>BREAKFAST 24 Lox & Bagel, Cream Cheese Hard Boiled Egg, Yogurt Parfait, Fruit LUNCH Borscht, Cholent, Challah, Green Salad Chef's Cake DINNER Barley Soup, Turkey or Salami Sandwich Coleslaw, Potatoes Salad Chef's Dessert</p>
<p>BREAKFAST 25 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Vegetables Soup Roasted Turkey With Maple Mustard Glaze Mashed Potato, Green Beans, Chef Dessert DINNER Minestrone Soup, Beef Staff Cabbage with Steamed Vegetables, Sweet Potatoes, Cookies Christmas</p>	<p>BREAKFAST 26 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Onion Soup, Vegetable & Cheese Pizza Garden Salad/ Orange Wedges Coffee Marble Cake DINNER Chicken Noodle Soup, Almond Trout Fish, Lemon Rice, Steamed Squash, Boxing Day (Canada) Kwanzaa Begins</p>	<p>BREAKFAST 27 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cream of Carrot, Egg and Mushroom Frittata, Tossed Tomatoes & Onion Salad, Fresh Fruits DINNER Cabbage Soup, Pomegranate and Honey Glaze Chicken, Rice ,Peas and Carrot Parve Ice Cream</p>	<p>BREAKFAST 28 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Split Pea Soup, Macaroni and Cheese Broccoli, Roll, Cream Puff DINNER Butternut Squash Soup Special Occasion Meat, Caramelized Onion Mashed Potato Peach Cobbler</p>	<p>BREAKFAST 29 French Toast, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cabbage Celery Soup, Salmon Tuscany, Roasted Potatoes, Marinated, Garden Salad, Fresh Fruit DINNER Green Peas Soup, BBQ meat Loaf, Broccoli, Basmati Rice, ,Banana Cake</p>	<p>BREAKFAST 30 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Garden Vegetable Soup Potato Latkes, Sour Cream/Apple Sauce, Chef's Salad, Blended Vegetable DINNER Matzo Ball Soup, Potato Kugel, Gefilte Fish, Schnitzel with Zucchini & Couscous, Assorted Desserts</p>	<p>BREAKFAST 31 Lox & Bagels, Cream Cheese, Hard Boil Eggs, Cold Cereal, Yogurt Parfait, Fruit LUNCH Classic Chicken Borscht Soup, Beef Cholent, Challah Bread, Garden Salad, Fruit DINNER Barley Soup, Cranberry Balsamic Roasted Chicken, Potato Salad, Cole slow Blueberry Cake New Year's Eve</p>