

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>BREAKFAST 1 Pancakes ,Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Bagel</p> <p>LUNCH Tomato Basil Soup, Vegetables cheese Quesadilla, Guacamole, Fresh Fruit, Sour Cream, Ice Cream</p> <p>DINNER Vegetables Soup, Trout Fish, Fried Rice, Broccoli Peanut Butter Cookies</p> <p>New Year's Day</p>	<p>BRakfast 2 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Bagel</p> <p>LUNCH White Beans Soup , Eggplant Parmigiana Green Salad, Garlic Toast, Fresh Fruit</p> <p>DINNER Lentil Soup, Chicken Scaloppini, Oven roasted Potatoes, Grilled Zucchini, Banana Cake</p>	<p>BREAKFAST 3 Waffles, Eggs Any Style, Hot & Cold Cereal Fresh Fruit, Bagel</p> <p>LUNCH Potatoes Soup, Vegetables Cheese Pizza Cesar Salad, Fresh Fruit Chocolate Cake</p> <p>DINNER Barley Soup Beef Stroganoff Steam Rice, Grilled Zucchini Baked Apples</p>	<p>BREAKFAST 4 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit</p> <p>LUNCH Egg Drop Soup, Chicken Fajitas, Steam Rice, Grilled Zucchini, Fresh Fruit</p> <p>DINNER Cabbage Soup, Tilapia, Sweet Potatoes Green Beans Almandine, Peach Cobbler</p>	<p>BREAKFAST 5 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Bagel</p> <p>LUNCH Split Peas Soup, Tuna, Green Salad, Focaccia Bread, Orange Cake</p> <p>DINNER Vegetables Soup Spaghetti Meat Balls, Steam Broccoli Fresh Fruit</p>	<p>BREAKFAST 6 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Bagel</p> <p>LUNCH Lentil Soup, Blintz Souffle ,Salad, Apple Sauce, Sour Cream.</p> <p>DINNER Cream Puff DINNER Gefilte Fish, Challah Bread, Horseradish, Matzo Ball Soup, Chicken in Mushroom Sauce, Green Beans Mosh Potatoes, Honey Cake</p>	<p>BREAKFAST 7 Lox & Bagel, Cream Cheese, Hard Boiled Eggs, Yogurt Parfait, Fruit</p> <p>LUNCH Classic Chicken Borscht Soup, Beef Cholent, Garden Salad, Challah Bread Banana Bread</p> <p>DINNER Vegetables Soup, Salami or Turkey Sandwich, Potatoes Salad, Coleslaw Fresh Fruit</p>		
<p>BREAKFAST 8 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Bagel</p> <p>LUNCH Cream Of Tomatoes Soup Grilled Cheese Sandwich, French Fries Garden Salad, Fresh Fruit Ice Cream</p> <p>DINNER Rice Soup, Beef Shepherd Pie, Garlic Bread Zucchini, Banana Cake</p>	<p>BREAKFAST 9 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Carrot Soup, Tilapia Fajitas Steam rice, Sliced Orange, Cookies</p> <p>DINNER Butter Nut Squash Soup Oven Fried Chicken Quinoa Salad, Peas And Corn Mandel Bread</p>	<p>BREAKFAST 10 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Tomato Basil Soup Pasta Cecilianii, garlic Toast, Side Salad, Fresh Fruit,</p> <p>DINNER Carrots cake DINNER Vegetable Soup , Slow cook pot roast beef Mash Potatoes', Grilled Zucchini, Orange Cake</p>	<p>BREAKFAST 11 Pancake, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Cream of Broccoli soup, Vegetable Quiche, Garden Salad, Garlic bread, Cream puff</p> <p>DINNER Rice Soup Salmon Tuscan Cuscus, Grilled vegetable, Baked Apples</p>	<p>BREAKFAST 12 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Cheese Ravioli, Grilled Zucchini, Fresh Fruit, Chocolate Chip Cookies</p> <p>DINNER Barley Soup, Chicken Cacciatore, Rice Pilaf, Fresh Fruit, Carrot Cake</p>	<p>BREAKFAST 13 Waffles, Eggs Any Style, Hot & Cold Cereal ,Fresh Fruit</p> <p>LUNCH Lentil Soup, Fruit plate, Corn Bread, Yogurt, Banana Bread Pudding</p> <p>DINNER Gefilte Fish, Challah Bread, Horseradish, Matzo Ball Soup, Staff Bell Pepper, Mush Potatoes, Green Beans, Apple Sauce Cake</p>	<p>BREKFAST 14 Lox & Bagel, Cream Cheese, Hard Boil Eggs, Cold Cereal, Yogurt</p> <p>LUNCH Classic Chicken Borsch Soup, Beef Cholent, Garden Salad Challah Bread, Fresh Fruit</p> <p>DINNER Barley And Mushroom Soup, Chicken Schnitzel, Coleslaw, Pasta Salad, Honey Cake</p>		
<p>BREAKFAST 15 Pancake, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Bagel</p> <p>LUNCH Split Peas Soup Pasta Primavera, Garlic Bread, Side Salad</p> <p>DINNER Tomato Basil Soup Braised Beef Brisket Mosh Potatoes, Green Beans Peanut Butter Cookies</p>	<p>BREAKFAST 16 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Butter Nut Squash Soup Over Fried Chicken Quinoa salad, Peas and Corn Mandel Bread</p> <p>DINNER Egg drop Soup Orange Chicken, Brown, Fried Rice, Steam Broccoli, Carrot Cake</p> <p>Martin Luther King Jr. Day</p>	<p>BREAKFAST 17 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Cream Of Tomatoes Soup, Broccoli And Cheese Casserole, Garlic Challah Bread, Fresh Fruit</p> <p>DINNER Vegetables Soup, Penni Pasta And Meat Sauce Steam Broccoli Parve Ice Cream</p>	<p>BREAKFAST 18 Pancake, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Cream Of Potatoes Soup, Trout With Garlic Lemon Butter Herb Sauce Green Cranberry Salad, Toasted Bread Blueberry Muffin</p> <p>DINNER Bell Pepper Soup Chicken Piccata, Rice Pilaf Grill Zucchini, Baked Apples</p>	<p>BREAKFAST 19 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Split Peas Soup, Eggplant Parmesan, Rosemary Bread, Garden Salad Chocolate Chip Cookies</p> <p>DINNER Vegetables Soup Meatloaf With Balsamic Mushroom Salsa Steam Carrot, Couscous Butterscotch Cake</p>	<p>BREAKFAST 20 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit</p> <p>LUNCH White Beans Soup ,Cheese and Blueberry Blintz, Sour Cream, Apple Sauce, Small Side Salad, Cake</p> <p>DINNER Gefilte Fish, Challah Bread, Horseradish Matzo Ball Soup BBQ Chicken, Roasted Potatoes, Green Beans, Chocolate Cookies</p>	<p>BREAKFAST 21 Lox & Bagel, Cream Cheese, Hard Boil Eggs, Cold Cereal, Yogurt</p> <p>LUNCH Classic Chicken Borscht Soup, Beef Cholent Garden Salad Challah Bread Peanut Butter Cookies</p> <p>DINNER Barley And Mushroom Soup, Corn Beef in Rey Bread Sandwich Potato Chips, Coleslaw, Fresh Fruit</p>		
<p>BREAKFAST 22 Pancake, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Zucchini Soup, Tuna, Garden Salad Garlic Bread, Fresh Fruit, Ice Cream</p> <p>DINNER Eggs Drop Soup, Chicken Lo Mein, Zucchini, Sugar Cookies</p> <p>Chinese New Year (Year of the Rabbit)</p>	<p>BREAKFAST 23 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Carrot Soup, Eggplant Parmigiana, garlic Roll, Cesar Salad, Chocolate Cake</p> <p>DINNER Split Peas Soup Beef Staff Cabbage Green Beans And Potatoes Fresh Fruit</p> <p>Activity Professionals Week</p>	<p>BREAKFAST 24 Waffles, Eggs any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Tomato Basil Soup Beef Hamburger Coleslaw, Fresh Fruit</p> <p>DINNER Vegetable Soup Sweet & Sour Sauce Chicken Brown Rice, Steam Vegetables Banana Cake</p>	<p>BREAKFAST 25 Pancake, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Cabbage Soup, Grill Cheese Sandwich, Side Salad, Fresh Fruit, cookies</p> <p>DINNER Barley Soup Lemon Baked Salmon Green Beans & Steam Yukon Potatoes Chocolate Cake</p>	<p>BREAKFAST 26 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Cream Of Tomatoes Soft Chicken Tacos ,Fried Bean, Guacamole, Salsa, Apple Sauce Cake</p> <p>DINNER Vegetables soup Ground Beef Pie Steam Cauliflower, Fresh Fruit Sugar Cookies</p> <p>Australia Day (observed)</p>	<p>BREAKFAST 27 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit</p> <p>LUNCH Cream Of Broccoli Soup, Potato Pancake Sour Cream, Apple Sauce, Cesar Salad Fresh Fruit</p> <p>DINNER Gefilte Fish, Challah Bread, Horseradish Matzo Ball Soup, breaded Trout Fish, Tartar Sauce, Couscous, Tomato and Cucumber Salad, Honey Cake</p>	<p>BREAKFAST 28 Lox & Cream Cheese,, Hard Boil Eggs Cold Cereal, Yogurt parfait</p> <p>LUNCH Classic Chicken Borsht Soup, Beef Cholent, Garden Salad, Challah Bread Chocolate Cake</p> <p>DINNER Vegetables Soup BBQ Chicken Potatoes Salad, Coleslaw Coffee Cake</p>		
<p>BREAKFAST 29 Pancake, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Sweet Potatoes Soup, Beef Hot Dog, French Fries, Coleslaw, Cookies</p> <p>DINNER Lentil Soup, Spaghetti Meat Sauce Garlic Bread, Green Beans, Apple Sauce Cake</p>	<p>BREAKFAST 30 French Toast, Eggs Any Style, Hot & cold Cereal, fresh Fruit, Yogurt</p> <p>LUNCH Onion Soup Oven Baked Salmon, Zucchini carrot Cake</p> <p>DINNER Vegetables Soup Curry Chicken Steam Rice, Grilled Zucchini Fresh Fruit</p>	<p>BREAKFAST 31 Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Yogurt</p> <p>LUNCH Lentil Soup Vegetables quiche Garden Salad, Garlic Bread Chocolate Cookies</p> <p>DINNER Cabbage Soup Spaghetti Meat Ball Steam Broccoli, Apple Pie</p>	 <p>January 2023 GARDEN OF PALMS MONTHLY MENU</p>					