

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



GARDEN OF PALMS MONTHLY MENU
2023/ 5782

<p>BREAKFAST 5 Pancake, Eggs Any Style Hot & Cold Cereal Lox, Yogurt & Fruit LUNCH Tomato Soup, Chicken Hot Dog Coleslaw, Pickle Spears, Fruit DINNER Corn Chowder Soup Swedish Meatballs, Mashed Potatoes California Blend Vegetables Peanut Butter Cookies</p>	<p>BREAKFAST 6 French Toast, Eggs Any Style Hot & Cold Cereal, Lox, Yogurt and Fruit LUNCH Lentil Soup, Corn Beef Sandwich French Fries, Marinated Beet Salad Peanut Butter Cookies DINNER Mushroom Soup, Chicken Cacciatore Grilled Zucchini, Garlic Bread Lemon Bar Purim Begins</p>	<p>BREAKFAST 7 Waffles, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Eggplant Parmigiana, Sweet Potato Small Salad, Churros DINNER Carrot Ginger Soup, Corn Breaded Tilapia Fish Rice Pilaf, Green Beans Cream Puffs</p>	<p>BREAKFAST 8 Blueberry Pancakes, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Cabbage Soup Chicken Enchiladas Fried Beans, Mexican Rice Churros DINNER Rice Soup Meat Loaf Mixed Vegetables, Garlic Bread Coconut Cookies</p>	<p>BREAKFAST 9 French Toast, Eggs Any Style Hot & Cold Cereal, Lox Yogurt and Fruit LUNCH Cream of Broccoli Soup Grilled Cheese Sandwich, Coleslaw Fruit, Triple Decker Brownie DINNER Mushroom & Barley Soup Lemon Chicken Piccata with Pasta Steamed Broccoli, Dinner Roll Apple Pie</p>	<p>BREAKFAST 10 Waffles, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Potato Leek Soup, Cheese/Blueberry Blintz, Sour Cream, Apple Sauce Triple Decker Brownie DINNER Matzo Ball Soup, Gefilte Fish Challah Bread, Beef Brisket Steamed Vegetables, Sweet Potatoes Vanilla Cake</p>	<p>BREAKFAST 11 Cold Cereal, Lox, Bagels Cream Cheese, Hard Boiled Eggs Yogurt Parfait, Fruit LUNCH Classic Chicken Borsht Soup Beef Cholent, Salad Watermelon, Carrot Cake DINNER Vegetables Soup Lemon Garlic BBQ Chicken Coleslaw, Dinner Roll Pineapple Upside-Down Cake</p>
<p>BREAKFAST 12 Pancake, Eggs Any Style Hot & Cold Cereal, Lox, Yogurt & Fruit LUNCH Tomato Bisque, Vegetable Frittata Garlic Bread, Garden Salad Ice Cream DINNER Butternut Squash Soup, Braised Beef stroganoff, Quinoa Salad, Steamed Vegetables, Banana Bread Daylight Saving Time Begins</p>	<p>BREAKFAST 13 French Toast, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Split Pea Soup, Tuna Sandwich Cucumber Tomato & Avocado Salad Banana Pudding DINNER Zucchini Cilantro Soup, Roast Chicken w/Potatoes, Grilled Asparagus Carrot Cake</p>	<p>BREAKFAST 14 Waffles, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Lentil Soup, Oven Fried Chicken Baked Sweet Potato, Salad Fresh Sliced Fruit, Chef's Dessert DINNER Potato Leek Soup, Beef Stroganoff Buttered Egg Noodles, Roasted Carrots Peanut Butter Cookies</p>	<p>BREAKFAST 15 Blueberry Pancakes, Eggs Any Style, Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Celery & Cabbage Soup Smoked Salmon Bagel Sandwich Garden Salad, Orange Cake DINNER Cream of Cauliflower Soup Chicken Pot Pie Roasted Brussel Sprouts Rosemary Bread, Fruit Cobbler</p>	<p>BREAKFAST 16 French Toast, Eggs Any Style Hot & Cold Cereal, Lox, Yogurt and Fruit LUNCH Cream of Spinach Soup Egg Salad Croissant, Onion Rings Watermelons Slices Cream Puff DINNER Vegetable Soup Corned Beef and Cabbage Boiled Red Potatoes Peach Cake</p>	<p>BREAKFAST 17 Waffles, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH French Onion Soup, Macaroni & Cheese Garlic Bread, Small Salad Bread Pudding DINNER Gefilte Fish, Challah Bread, Matzo Ball Soup, Chicken Schnitzel, Garden Salad Roasted Red Potatoes Chocolate Cookies</p>	<p>BREAKFAST 18 Cold Cereal, Lox, Cream Cheese, Hard Boiled Eggs, Yogurt Parfait, Fruit LUNCH Classic Borscht Soup, Beef Cholent Small Salad, Challah Bread Banana Cake DINNER Barley & Mushroom Soup, BBQ Chicken Penne Pasta Salad, Marinated Cucumber, Chocolate Chip Cookies</p>
<p>BREAKFAST 19 Pancake, Eggs Any Style Hot & Cold Cereal, Lox, Yogurt & Fruit LUNCH Garbanzo Bean Soup Egg & Tuna Salad, Salad Seasonal Fruit, Peaches & Cream DINNER Minestrone Soup Baked Turkey, Mushroom Gravy Sautéed Green Beans, Mashed Potatoes Cinnamon Baked Apple</p>	<p>BREAKFAST 20 French Toast, Eggs Any Style Hot & Cold Cereal, Lox, Yogurt and Fruit LUNCH Split Pea Soup, Beef Fajitas Spanish Rice, Refried Beans Cookies DINNER Cream of Mushroom Soup Trout Fish, Green Beans, Couscous Blueberry Muffin Spring Begins</p>	<p>BREAKFAST 21 Waffles, Eggs Any Style, Hot And Cold Cereal, Lox, Yogurt and Fruit LUNCH Zucchini Cilantro Soup, Vegetable & cheese Pizza, Cesar Salad, Fresh Fruit, Ice Cream DINNER Garbanzo Soup, Beef Stew Steamed Broccoli, Dinner Roll, Banana Marble Cake</p>	<p>BREAKFAST 22 Blueberry Pancakes Eggs Any Style, Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Cream of Broccoli Soup Honey Garlic Glace Salmon Grilled Zucchini, Lemon Rice Puff Pastry DINNER Italian Wedding Soup, BBQ Chicken Grilled Vegetables, Sweet Potato Chocolate Chips Cookies</p>	<p>BREAKFAST 23 French Toast, Eggs Any Style Hot & Cold Cereal, Lox Yogurt and Fruit LUNCH Chicken Noodle Soup Trio Salad Plate (Egg, Tuna, Chicken) On a Bed of Mixed Greens, Hawaiian Roll, Banana Mousse DINNER Butternut Squash Soup Staff Cabbage, Mashed Potatoes, Yellow Squash, Peach Turnover</p>	<p>BREAKFAST 24 Waffles, Eggs Any Style, Hot & Cold Cereal, Lox, Yogurt and Fruit LUNCH Tomato Soup, Tuna Melt, Onion Rings Marinated Tomato & Cucumber Salad Apple Pie DINNER Gefilte Fish, Challah Bread, Matzo Ball Soup, Shepherd's Pie, Garlic Bread, Glazed Carrots, Chef's Dessert</p>	<p>BREAKFAST 25 Cold Cereal, Lox Cream Cheese, Hard Boiled Eggs Yogurt Parfait, Fruit LUNCH Cold Borscht Soup, Beef Cholent Challah Bread, Small Salad Orange Cake DINNER Zucchini Cilantro Soup Turkey or Corn Beef Sandwich Coleslaw, Fresh Fruit Chocolate Éclair</p>
<p>BREAKFAST 26 Pancake, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Tomato Basil Soup, Blueberry Blintz Waldorf Salad, Orange Wedges Chocolate Pudding DINNER Split Pea Soup BBQ Meat Loaf with Lyonnaise Potatoes, Roasted Zucchini Orange Cake</p>	<p>BREAKFAST 27 French Toast, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Sweet Potato Soup Fish Tacos w/Aioli Sauce Spanish Rice, Refried Beans Guacamole, Churros DINNER Butternut Squash Soup Roast Chicken, Honey Glazed Carrots Wild Rice, Lemon Cake</p>	<p>BREAKFAST 28 Waffles, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Lentil Soup, Eggplant Marinated Beet Salad Melon Slices, Fruit Parfait DINNER Minestrone Soup, Crusted Fish Cranberry Rice, Blistered Cherry Tomatoes, Fresh Fruit</p>	<p>BREAKFAST 29 Blueberry Pancakes Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Rice Soup, Chicken Salad Croissant Sweet Potato Fries Fresh Fruit, Cookies DINNER Cream of Tomatoes Soup, Spaghetti & Meat Balls, Green Beans Apple Pie Ala Mode</p>	<p>BREAKFAST 30 French Toast, Eggs any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Barley Soup, Tuna Patties Garlic Toast, Tomato Salad Chocolate Mousse DINNER Chicken Soup, Slow Cook Pot Roast Green Beans, Rosemary Bread Sugar Cookies</p>	<p>BREAKFAST 31 Waffles, Eggs Any Style Hot & Cold Cereal Lox, Yogurt and Fruit LUNCH Tree Beans Soup, Potato Pancake Sour Cream, Apple Sauce, Small Salad Fresh Fruit DINNER Gefilte Fish, Challah Bread Matzo Ball Soup Marsala Chicken, Carri Rice Steamed Vegetables Honey Cake</p>	