

GARDEN OF PALMS MENU



March 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 MARCH IS...

Irish American Month
Music in Our Schools Month
National Caffeine Awareness Month
National Celery Month
National Cheerleading Safety Month
National Craft Month
National Frozen Food Month
National Kidney Month
National Noodle Month
National Nutrition Month

National Music in our Schools Month
National Peanut Month
National Professional
Social Work Month
National Reading Awareness Month
National Umbrella Month
National Women's History Month
Red Cross Month
Social Workers Month
Youth Art Month

1 Purim (ends at Sundown)

BREAKFAST
French Toast, Eggs any Style, Prunes
Hot & Cold Cereals, Fresh Fruit
LUNCH
Mushroom Barley Soup, Deluxe Hot Dog
w/ Sauerkraut OR Grilled Vegetables
Three Bean Salad, Oatmeal Cookie
DINNER
Carrot Soup, Baked Salmon OR
Roasted Chicken, Cous Cous
Cauliflower, Mandel Bread

2 BREAKFAST

Pancakes, Eggs any Style, Prunes
Hot & Cold Cereals, Fresh Fruit
LUNCH
Tomato White Bean Soup, Fresh Fruit Plate
Yogurt/Cottage Cheese
Pumpkin Bread, Jello
DINNER
Matza Ball Soup, Challah/Gefilte Fish OR
Roast Beef, Roasted Potato
Vegetables Florentine, Honey Cake

3 BREAKFAST

Lox & Bagels, Hardboiled 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 Cobb Salad OR
Herbed Chicken, Beet Salad
Quinoa Salad w/Veggies, Fresh Fruit Cup

4 BREAKFAST

French Toast, Eggs any style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Potato Leek Soup, Broccoli Beef
Steamed Rice, Coconut Pecan Cookie
DINNER
Butternut Squash, Chicken Marsala OR
Roasted Chicken, Potato Wedges
Honey Carrots, Poached Pear

5 BREAKFAST

Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Minestrone Soup, Cheese & Vegetable
Pizza, Antipasto Salad
Chocolate Mousse
DINNER
White Bean Soup, Stuffed Cabbage OR
Herbed Chicken, Roasted Potatoes
Sautéed Green Beans, Jello w/Fruit

6 BREAKFAST

French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Tomato Soup, Eggplant Parmesan
Garden Salad, Fruit Garnish
Raspberry Sorbet
DINNER
Cabbage Soup, BBQ Chicken OR
Roasted Chicken, Corn on the Cobb
Tossed Salad w/Garbanzos, Tomatoes
Balsamic Vinaigrette, Carrot Cake

7 BREAKFAST

Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Spinach Soup, Mushroom Ravioli
w/Garlic and Oil, Garden Salad, Cannoli
DINNER
Lentil Soup, Grilled Tilapia OR
Roasted Chicken, Basmati Rice
Creamed Spinach, Mandel Bread

8 BREAKFAST

French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Mushroom Barley Soup
Turkey w/Avocado Sub Sandwich
Coleslaw, Pickle & Olives, Fresh Fruit
DINNER
Vegetable Soup, Meat Loaf OR Apricot
Chicken, Sweet Potato, Sautéed Fresh
Carrots, Coconut Pecan Cookie

9 BREAKFAST

Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Black 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

10 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

11 Daylight Saving (begins)

BREAKFAST
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Egg Drop Soup, Chicken Chow Mein
Tossed Green Salad w/Carrot Ginger
Dressing, Almond Cookie
DINNER
Butternut Squash, Brisket of Beef OR
Roasted Chicken, Potato Pancake
Sautéed Cabbage, Chocolate Brownie

12 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 Meat Loaf OR
Baked Chicken, Mashed Potatoes
Green Beans Almandine
Spanish Tart Cake

13 BREAKFAST

French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Mushroom Barley Soup, Mediterranean
Salad Plate, Hummus/Falafel
Pita Bread, Baklava
DINNER
Tomato White Bean Soup, Rib Eye Steak
OR Roasted Chicken, Herbed Rice
Grilled Lemon Garlic Zucchini
Sugar Cookie

14 BREAKFAST

Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Vegetable Soup, Choice of California
Burger OR Grilled Hot Dog, French Fries
Carrot Salad, Apple Pie
DINNER
Lentil Soup, Baked Salmon OR
Grilled Chicken, Seasoned Potato
Wedges, Creamed Spinach
Mandel Bread

15 BREAKFAST

French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Minestrone Soup, Vegetable
Lasagna w/ Cheese, Fresh Garlic Toast
Garden Salad, Spumoni
DINNER
Butternut Squash, Chicken Schnitzel OR
BBQ Chicken, Kasha Varnishkes
Roasted Carrots, Blueberry Cake

16 BREAKFAST

Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Spinach Soup, Cheese Blintzes
Cottage Cheese, Apple Sauce and
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

17 BREAKFAST

Lox & Bagels, Hardboiled Eggs
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Borscht Soup, Challah, Chinese Chicken
Salad w/Rice Noodles, Asian Dressing
Fresh Orange Slices
w/Walnut and Cinnamon
DINNER
Split Pea Soup, Mediterranean Wrap
w/Chicken & Hummus OR Honey
Mustard Chicken, Taboula
Marinated Cucumber & Tomato Salad
Fresh Fruit Cup

18 BREAKFAST

French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Grilled Red Pepper Soup, Grilled Tilapia
Baked Yam, Waldorf Salad, Lemon Bar
DINNER
Cabbage Soup, Turkey Tuscany OR
Roasted Chicken, Mashed Potatoes
Sautéed Green Beans
Chocolate Brownie

19 BREAKFAST

Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Carrot Soup, Vegetable & Cheese Pizza
Garden Salad, Ice Cream Sundae
DINNER
Lentil Soup, Spaghetti w/Meat Balls OR
Baked Chicken, Garlic Bread
Sautéed Broccoli, Blueberry Cake

20 BREAKFAST

French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Roasted Red Pepper Soup, Tuna Salad
Plate, Fresh Bread, Fruit Garnish
Carrot Cake
DINNER
Corn Soup, Curry Chicken OR
Roasted Chicken, White Rice
Cole Slaw, Coconut Cookie

21 BREAKFAST

Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Muffin
LUNCH
Black Bean Soup, Cheese Enchiladas
Spanish Rice, Guacamole, Churros
DINNER
Mushroom Barley Soup, Baked Tilapia OR
Roasted Chicken, Mashed Potato
Corn and Red Peppers, Mandel Bread

22 BREAKFAST

French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Muffin
LUNCH
Cream of Broccoli Soup, Eggplant
Parmesan, Italian Salad, Fruit Garnish
Fresh Fruit
DINNER
Tomato Basil Soup, French Dip Au Jus
OR BBQ Chicken, Herb Roasted Potato
Wedges, Cole Slaw, Raspberry Sorbet

23 BREAKFAST

Pancakes, Eggs any Style, Muffin
Hot & Cold Cereals, Fresh Fruit
LUNCH
Tomato Vegetable Soup, Grilled Cheese
Sandwich on Sourdough, French Fries
Tossed Salad, Watermelon Slices
DINNER
Kreplach Soup, Challah/Gefilte Fish OR
Apricot Tequila Chicken, Potato Kugel
Tzimmes, Honey Cake

24 BREAKFAST

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

25 BREAKFAST

French Toast, Eggs any Style, Prunes
Hot & Cold Cereals, Fresh Fruit
LUNCH
Mushroom Barley Soup, Corned Beef on
Rye w/Dill Pickle, Potato Salad
Sliced Lettuce/Tomato, Lemon Bar
DINNER
White Bean Soup, Chicken Pot Pie OR
Roasted Chicken, Steamed Rice
Chocolate Brownie

26 BREAKFAST

Pancakes, Eggs any Style, Prunes
Hot & Cold Cereals, Fresh Fruit
LUNCH
Cream of Tomato Soup, Mediterranean
Salad Plate, Hummus/Falafel, Pita Bread
Lemon Sorbet
DINNER
Vegetable Soup, BBQ Chicken OR
Marinara Chicken, Baked Potato Sautéed
Peas and Carrots, Apple Crisp

27 BREAKFAST

French Toast, Eggs any Style, Prunes
Hot & Cold Cereals, Fresh Fruit
LUNCH
Egg Drop Soup, Orange Chicken
Basmati Rice, Stir Fried Broccoli
Almond Cookies
DINNER
Lentil Soup, Salisbury Steak OR
Baked Chicken, Mashed Potato
Green Bean Amantine, Cream Puffs

28 BREAKFAST

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

29 BREAKFAST

Hot & Cold Cereals, Eggs to Order
Matzos, Yogurt
LUNCH
Garden Salad, Salami Sandwich
Potato Chips, Banana Cake
DINNER
Garden Salad
Baked Salmon OR Herbed Chicken
Potato, Cabbage
Cake

30 Passover (begins at sundown)

BREAKFAST
Cold Cereal, Eggs to Order
Matzos, Yogurt
LUNCH
Spinach Soup, Egg, Tuna Salad
Apple Sauce, Sour Cream
Chocolate Chip Cookies
PASSOVER SEDER DINNER
Matzo Ball Soup, Gefilte Fish, Mixed
Green Salad, Boiled Eggs, Beef Brisket OR
Roasted Chicken, Mashed Potatoes
Honey Crumb Cake

31 BREAKFAST

Hardboiled Eggs
Matzos, Yogurt, Cold Cereal
LUNCH
Matza Pizza, Garden Salad
Passover Roll, Fruit Cake
PASSOVER SEDER DINNER
Matzo Ball Soup, Gefilte Fish
Eggs, Cranberry Chicken OR Baked
Chicken, Cucumber & Tomato Salad
Blueberry Cobbler

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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