

# GARDEN OF PALMS MENU



# May 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

**6** **BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Red Bell Pepper Soup, Eggplant Parmesan  
w/Cheese, Garden Salad, Fresh Fruit  
Coconut Cookies  
**DINNER**  
Roasted Butternut Squash Soup  
Apricot Tequila Chicken, Potato Wedges  
Honey Carrots, Poached Pear

**7** **BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Minestrone Soup, Cheese & Vegetable  
Pizza, Cabbage Salad, Fresh Fruit  
Chocolate Mousse  
**DINNER**  
White Bean Soup, Meatloaf or  
Herbed Chicken, Mashed Potatoes  
Green Beans, Banana Cake

**8** **BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Tuna Casserole, Fresh Challah  
Fresh Fruit, Raspberry Sorbet  
Chocolate Mousse  
**DINNER**  
Minestrone Soup, BBQ Chicken or  
Roasted Chicken, Corn on the Cob  
Tossed Salad w/Garbanzo and Tomato  
Almond Cookies

**9** **BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Broccoli Beef, Steamed Rice  
Fruit, Jell-O  
**DINNER**  
Lentil Soup, Grilled Tilapia or  
Roasted Chicken, Couscous  
Creamed Spinach, Mandel Bread

**10** **BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Mushroom Barley Soup  
Turkey w/Avocado Sub Sandwich, Pickle  
Cucumber Salad, Fresh Fruit  
**DINNER**  
Vegetable Soup, Stuffed Cabbage  
Roasted Potatoes, Fresh Ginger Carrots  
Baked Apples

**11** **BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Pinto 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

**12** **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

**13** **Mother's Day**  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Grilled Red Pepper Soup, Choice of Hot  
Dog or Hamburger, Carrot Salad, French  
Fries, Oatmeal Cookies, Watermelon  
**DINNER**  
Cauliflower Soup, Turkey Meatloaf or  
Baked Chicken, Green Beans Almandine  
Spinach Tarter

**14** **BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Leak and Roasted Peppers, Vegetable  
Quiche, Green Salad, Focaccia Bread  
Chocolate Mousse  
**DINNER**  
Cauliflower Soup, Turkey Spaghetti &  
Meatballs or Baked Chicken, Broccoli  
Cookies

**15** **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 Soup, Rib Eye Steak or Roasted  
Chicken, Herbed Rice, Grilled Lemon  
Garlic Zucchini, Sugar Cookies

**16** **BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Vegetable Soup, Salmon, Rice  
Garden Salad, Lemon Bar  
**DINNER**  
Lentil Soup, Chicken Marsala  
Seasoned Potatoes  
Creamed Spinach  
Yellow Cake

**17** **BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Minestrone Soup, Tuna Melt Sandwich  
French Fries, Garden Salad  
Spumoni Ice Cream  
**DINNER**  
Butternut Squash, Chicken Schnitzel or  
BBQ Chicken, Kasha Varnishkes  
Roasted Carrots, Fresh Fruit

**18** **BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Corn Soup, Cheese Blintzes, Cottage  
Cheese, Apple Sauce, 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

**19** **Armed Forces Day**  
**Shavuot (begins at sundown)**  
**BREAKFAST**  
Lox & Bagels, Hardboiled Eggs  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Borscht, Chinese Chicken Salad w/Rice  
Noodles, Asian Dressing, Fresh Orange  
Slices, Bread, Chocolate Cake  
**DINNER**  
Split Pea Soup, Mediterranean Wraps w/  
Chicken & Hummus or Baked Chicken  
Tabouli Marinated Cucumber & Tomato  
Salad, Fresh Fruit Cup

**20** **BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Broccoli Soup, Mushroom Ravioli  
w/ Cheese Sauce, Garlic Bread  
Garden Salad, Cannoli  
**DINNER**  
Cabbage Soup, Marinara Chicken or  
Roast Chicken, Mashed Potatoes  
Grilled Zucchini, Baked Potato  
Chocolate Brownies

**21** **Shavuot (ends at sundown)**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Carrot Soup, Veggie Chopped Liver  
Garden Salad, Focaccia Bread  
Ice Cream Sundae  
**DINNER**  
Lentil Soup, Salisbury Steak w/Mushroom  
Sauce, Mashed Potatoes, Green Beans  
Blueberry Cake

**22** **BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Cream of Broccoli Soup, Salmon Patty  
Israeli Couscous w/ Olives and Roasted  
Tomatoes, Fresh Grilled Zucchini  
Fresh Fruit  
**DINNER**  
Corn Soup, Curry Chicken or  
Roasted Chicken, Rice, Coleslaw  
Coconut Cookies

**23** **BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Veggie Soup, Chili/Carne Spaghetti  
Broccoli, Chocolate Cookies  
**DINNER**  
Mushroom Barley Soup, Baked Tilapia or  
Roasted Chicken, Mashed Potatoes  
Green Peas and Red Pepper  
Mandel Bread

**24** **BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Egg Drop Soup, Chicken Lo Mein  
Fresh Fruit, Apple Sauce Cake  
**DINNER**  
Tomato Basil Soup, French Dip Au Jus or  
BBQ Chicken, Herb Roasted Potatoes  
Coleslaw, Raspberry Sorbet

**25** **BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Tomato Veggie Soup, Grilled Cheese  
Sandwiches, French Fries, Tossed Salad  
Watermelon Slices  
**DINNER**  
Kreplach Soup, Challah/Gefilte Fish or  
Apricot Tequila Chicken, Potato Kugel  
Tzimmes, Honey Cake

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

**27** **BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Mushroom Barley Soup, Mediterranean  
Salad Plate, Hummus/Falafel, Pita Bread  
Lemon Sorbet  
**DINNER**  
Vegetable Soup, BBQ Chicken or  
Marinated Chicken, Baked Potato  
Cream of Spinach, Apple Crisp

**28** **Memorial Day**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Egg Drop Soup, Orange Chicken  
Brown Rice, Broccoli, Almond Cookies  
**DINNER**  
Onion Soup  
Spaghetti & Meatballs, Zucchini  
Cream Puff

**29** **BREAKFAST**  
French Toast, Eggs any Style, Prunes  
Hot & Cold Cereals, Fresh Fruit  
**LUNCH**  
Mushroom Barley Soup, Corned Beef  
Sandwich w/Rye Bread, Coleslaw  
Lemon Bar  
**DINNER**  
White Bean Soup, Poached Salmon  
Roasted Chicken, Rice Pilaf  
Israeli Salad, Chocolate Brownie

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

**31** **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 Meatloaf or  
Baked Chicken, Mashed Potatoes  
Green Bean Almandine  
Spanish Tart Cake

**THE MONTH OF MAY IS...**  
ALS Awareness Month  
Asian Pacific American Heritage Month  
Brain Tumor Awareness Month  
Date Your Mate Month  
Gifts from the Garden Month  
Jewish American Heritage Month  
Lupus Awareness Month  
Mathematics Awareness Month  
National Barbecue Month  
National Bike Month  
National Blood Pressure Month  
National Correct Posture Month  
National Guide Dog Month  
National Hamburger Month  
National Photograph Month  
National Recommitment Month  
National Salad Month  
National Stroke Awareness Month  
National Volunteer Month  
Older Americans Month