

GARDEN OF PALMS MENU



January 2019

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

<p>6</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Corn Soup, Tuna Casserole Peas and Carrots, Fresh Fruit Chocolate Chip Cookies DINNER Mushroom Barley Soup, Fried Chicken Roasted Potatoes, Sautéed Vegetables Fresh Fruit, Banana Cake</p>	<p>7</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Zucchini Soup, Potato Pancakes, Sour Cream, Apple Sauce, Fresh Fruit Coconut Muffins DINNER Split Pea Soup, Spaghetti and Meatballs Garden Salad, Fresh Fruit Shortcake w/Strawberry Frosting</p>	<p>8</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Cauliflower Soup, Baked Salmon Sweet Potato Chips, Ratatouille Fresh Fruit, Ice Cream DINNER Minestrone Soup, Grilled Chicken Roasted Vegetables, Rice Fresh Fruit, Jell-O</p>	<p>9</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Potato Soup, Vegetable Quiche Corn, Fresh Fruit Cream Puffs DINNER Carrot Soup, Orange Chicken w/ Vegetables, Rice, Fresh Fruit Gingersnap Cookies</p>	<p>10</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Bell Pepper Soup, Grilled Tuna Patties French Fries, Caesar Salad Fresh Fruit Sandies DINNER Lentil Soup, Turkey Meatballs Baked Carrots, Bulgur Wheat Fresh Fruit, Sponge Cake</p>	<p>11</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Spinach Soup, Cheese and Blueberry Blintzes, Waldorf Salad, Fresh Fruit Vanilla Cookies DINNER Gefilte Fish, Matza Ball Soup, Grilled Steaks, Potato Kugel, Vegetable Medley Fresh Fruit, Jelly Roll</p>	<p>12</p> <p>BREAKFAST Lox & Bagels, Herring, Cream Cheese Cold Cereals, Fresh Fruit LUNCH Borscht, Cholent, Coleslaw, Challah Fresh Fruit, Sugar Cookies DINNER Mushroom Barley Soup, Chicken Salad, Sesame Noodles, Israeli Salad, Fresh Fruit Assorted Cakes</p>																
<p>13</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Tomato Soup, Cobb Salad Baked Potato, Fresh Fruit Carrot Cake DINNER Split Pea Soup, Chicken Marinara w/Noodles, Sautéed Vegetables Fresh Fruit, Apple Cake</p>	<p>14</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Cabbage Soup Vegetable Quiche, Corn Fresh Fruit, Ice Cream DINNER Carrot Soup Asian Beef & Broccoli, Rice, Fresh Fruit Powdered Donuts</p>	<p>15</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Cauliflower Soup, Breaded and Fried Tilapia, Mashed Potatoes, Peas and Carrots, Fresh Fruit, Coconut Muffins DINNER Minestrone Soup, Herbed Chicken Garlic Bread, Green Beans Fresh Fruit, Mandel Bread</p>	<p>16</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Bell Pepper Soup, Grilled Cheese Sandwiches, Garden Salad Fresh Fruit, Cinnamon Sugar Rolls DINNER French Onion Soup, Hot Dogs and Hamburgers, French Fries, Purple Cabbage Coleslaw, Fresh Fruit Oatmeal Raisin Cookies</p>	<p>17</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Mushroom Soup, Pasta with Cheese Sauce, Israeli Salad, Fresh Fruit Chocolate Muffins DINNER Potato Soup, Chicken Lo Mein with Vegetables, Fresh Fruit, Blueberry Cake</p>	<p>18</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Bean Soup, Tuna Salad, Ratatouille Roasted Potatoes, Fresh Fruit Chocolate Chip Cookies DINNER Gefilte Fish, Matza Ball Soup, Stuffed Cabbage, Sweet Noodle Kugel Fresh Fruit, Bread Pudding</p>	<p>19</p> <p>BREAKFAST Lox & Bagels, Herring, Cream Cheese Cold Cereals, Fresh Fruit LUNCH Borscht, Cholent, Cucumber Salad Challah, Fresh Fruit Snickerdoodle Cookies DINNER Chicken Soup, Turkey Club Sandwiches Corn Salad, Coleslaw Fresh Fruit, Assorted Cakes</p>																
<p>20</p> <p><i>Tu B'Shvat (begins at sundown)</i></p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Corn Soup, Macaroni & Cheese, Garden Salad, Fresh Fruit, Chocolate Pudding DINNER Lentil Soup, Chicken Breast w/Mushroom & Onion Sauce, Bulgur Wheat, Green Beans Fresh Fruit, Apple Cake</p>	<p>21</p> <p><i>Martin Luther King Jr. Birthday (observed)</i></p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Carrot Soup, Vegetable Pizza, Potato Mojo, Fresh Fruit, Butterscotch Bars DINNER Split Pea Soup, Pepper Steak Styled Ground Beef, Peppers & Onions, Rice Fresh Fruit, Sandies</p>	<p>22</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Broccoli Soup, Baked Salmon Mashed Potatoes, Sautéed Vegetables Fresh Fruit, Ice Cream DINNER Minestrone Soup, Marinara Chicken w/Noodles, Garden Salad Fresh Fruit, Jell-O</p>	<p>23</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Cauliflower Soup, Lasagna Sautéed Vegetables, Fresh Fruit Brownies DINNER Vegetable Soup, Brisket, Potato Salad Grilled Vegetables, Fresh Fruit Pumpkin Spice Cake</p>	<p>24</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Mushroom Soup, Tuna Melt Sandwiches Caesar Salad, Fresh Fruit, Vanilla Muffins DINNER Lentil Soup, Chicken Schnitzel, Rice Green Beans, Fresh Fruit Mandel Bread</p>	<p>25</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Spinach Soup, Cheese and Blueberry Blintzes, Sour Cream, Apple Sauce Cucumber Salad, Fresh Fruit Sugar Cookies DINNER Gefilte Fish, Matza Ball Soup, Salisbury Steak, Potato Kugel, Tzimmes, Fresh Fruit Strawberry Cake with Cream Frosting</p>	<p>26</p> <p>BREAKFAST Lox & Bagels, Herring, Cream Cheese Cold Cereals, Fresh Fruit LUNCH Borscht, Cholent, Coleslaw, Challah Fresh Fruit, Almond Cookies DINNER Mushroom Barley Soup, BBQ Chicken Tabbouleh, Peas and Onions Salad Fresh Fruit, Assorted Cakes</p>																
<p>27</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Zucchini Soup, Cream Tuna Noodle Pasta Garden Salad, Chocolate Muffins DINNER Potato Soup Vegetable Soup, Turkey Meatballs Baked Carrots, Seasoned Potatoes Fresh Fruit, Apple Cake</p>	<p>28</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Carrot Soup, Eggplant Parmesan Garlic Bread, Fresh Fruit Cream Puffs DINNER Split Pea Soup, General Tso's Chicken Peppers & Onions, Rice, Fresh Fruit Gingersnap Cookies</p>	<p>29</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Cabbage Soup, Grilled Tilapia Potato Mojo, Sautéed Vegetables Fresh Fruit, Ice Cream DINNER Minestrone Soup, Marinara Chicken with Noodles, Garden Salad, Fresh Fruit Banana Cake</p>	<p>30</p> <p>BREAKFAST Pancakes, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Potato Soup, Vegetable Quiche Corn, Fresh Fruit, Coconut Cookies DINNER Tomato Soup, Coleslaw, Hot Corned Beef Sandwiches, Fresh Fruit Lemon Cake with Frosting</p>	<p>31</p> <p>BREAKFAST French Toast, Eggs Any Style Hot & Cold Cereals, Fresh Fruit LUNCH Corn Soup, Pasta Alfredo, Caesar Salad Fresh Fruit, Oatmeal Raisin Cookies DINNER Lentil Soup, Curry Chicken with Vegetables, Rice, Fresh Fruit Mandel Bread</p>	<p>JANUARY DAYS TO NOTE...</p> <table border="0"> <tr> <td>Cervical Health Awareness Month</td> <td>National Hobby Month</td> </tr> <tr> <td>It's Okay to be Different Month</td> <td>National Mentoring Month</td> </tr> <tr> <td>National Bath Safety Month</td> <td>Hot Tea Month</td> </tr> <tr> <td>National Blood Donor Month</td> <td>National Oatmeal Month</td> </tr> <tr> <td>National Book Month</td> <td>National Soup Month</td> </tr> <tr> <td>National Braille Literacy Month</td> <td>High-Tech Month</td> </tr> <tr> <td>National Creativity Month</td> <td>Reaching Your Potential Month</td> </tr> <tr> <td>National Get Organized Month</td> <td>Thyroid Awareness Month</td> </tr> </table>		Cervical Health Awareness Month	National Hobby Month	It's Okay to be Different Month	National Mentoring Month	National Bath Safety Month	Hot Tea Month	National Blood Donor Month	National Oatmeal Month	National Book Month	National Soup Month	National Braille Literacy Month	High-Tech Month	National Creativity Month	Reaching Your Potential Month	National Get Organized Month	Thyroid Awareness Month
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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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