

GARDEN OF PALMS MENU



July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Red Bell Pepper Soup, Eggplant Parmesan w/Cheese, Garden Salad, Fresh Fruit Coconut Cookies</p> <p><u>DINNER</u> Roasted Butternut Squash Soup Baked Tilapia, Potato Wedges Honey Carrots, Poached Pear</p>	<p>2 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Minestrone Soup, Cheese & Vegetable Pizza, Waldorf Salad, Fresh Fruit Chocolate Mousse</p> <p><u>DINNER</u> White Bean Soup, Meatloaf or Herbed Chicken, Mashed Potatoes Green Beans, Banana Cake</p>	<p>3 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Fresh Salmon, Fresh Challah Fresh Fruit, Raspberry Sorbet Chocolate Cake</p> <p><u>DINNER</u> Minestrone Soup, BBQ Chicken or Roasted Chicken, Corn on the Cob Tossed Salad w/Garbanzo and Tomato Almond Cookies</p>	<p>4 <i>Independence Day</i></p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Onion Soup, Broccoli Beef Steamed Rice, Fruit, Jell-O</p> <p><u>DINNER</u> Lentil Soup, Grilled Tilapia or Roasted Chicken, Couscous Creamed Spinach, Mandel Bread</p>	<p>5 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Mushroom Barley Soup Turkey w/Avocado Sub Sandwich, Pickle Cucumber Salad, Fresh Fruit</p> <p><u>DINNER</u> Vegetable Soup, Stuffed Cabbage Roasted Potatoes, Fresh Ginger Carrots Baked Apples</p>	<p>6 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Pinto Bean Soup, Cheese Enchiladas Spanish Rice, Guacamole, Churros</p> <p><u>DINNER</u> Kreplach Soup, Challah, Gefilte Fish Oven Fried Chicken or Roasted Chicken, Potato Kugel Sautéed Broccoli, Bread Pudding</p>	<p>7 <u>BREAKFAST</u> Lox & Bagels, Hardboiled Eggs Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Borscht Soup, Cholent Garden Salad, Fruit Cup</p> <p><u>DINNER</u> Split Pea Soup, Honey Mustard Salmon or Herbed Chicken Tri-Color Pasta Salad, Dinner Roll Chocolate Chip Cookies</p>
<p>8 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Grilled Red Pepper Soup, Choice of Hot Dog or Hamburger, Carrot Salad, French Fries, Oatmeal Cookies, Watermelon</p> <p><u>DINNER</u> Cauliflower Soup, Turkey Meatloaf or Baked Chicken, Green Beans Almandine Spinach, Coconut Cookies</p>	<p>9 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Leak and Potato Soup, Vegetable Quiche, Green Salad, Focaccia Bread Chocolate Pudding</p> <p><u>DINNER</u> Cauliflower Soup, Turkey Spaghetti & Meatballs or Baked Chicken, Broccoli Banana Cake</p>	<p>10 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Mushroom Soup, Chicken Lo Mein Broccoli, Fresh Fruit</p> <p><u>DINNER</u> Tomato Soup, Rib Eye Steak or Roasted Chicken, Herbed Rice, Grilled Lemon Garlic Zucchini, Sugar Cookies</p>	<p>11 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Vegetable Soup, Salmon, Rice Garden Salad, Cookies</p> <p><u>DINNER</u> Lentil Soup, Chicken Marsala Seasoned Potatoes Creamed Spinach Jell-O</p>	<p>12 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Minestrone Soup, Tuna Melt Sandwich French Fries, Garden Salad Spumoni Ice Cream</p> <p><u>DINNER</u> Butternut Squash, Chicken Schnitzel or BBQ Chicken, Kasha Varnishkes Roasted Carrots, Fresh Fruit</p>	<p>13 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Corn Soup, Cheese Blintzes, Apple Sauce, Sour Cream Fresh Fruit</p> <p><u>DINNER</u> Matza Ball Soup, Challah, Gefilte Fish Lamb Chops w/Mint Jam or Baked Chicken, Sweet Noodle, Kugel Tossed Salad, Apple Sauce Cake</p>	<p>14 <u>BREAKFAST</u> Lox & Bagels, Hardboiled Eggs Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Borscht, Chinese Chicken Salad w/Rice Noodles, Asian Dressing, Fresh Orange Slices, Bread, Chocolate Cake</p> <p><u>DINNER</u> Split Pea Soup, Mediterranean Wraps w/ Chicken & Hummus or Baked Chicken Tabouli Marinated Cucumber & Tomato Salad, Fresh Fruit Cup</p>
<p>15 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Broccoli Soup, Tuna Salad Garden Salad, Fresh Fruit, Fresh Bread Ice Cream</p> <p><u>DINNER</u> Cabbage Soup, Marinara Chicken or Roast Chicken, Mashed Potatoes Grilled Zucchini, Baked Potato Chocolate Brownies</p>	<p>16 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Carrot Soup, Chicken Salad Potato Salad, Fresh Fruit Cookies</p> <p><u>DINNER</u> Lentil Soup, Salisbury Steak w/Mushroom Sauce, Mashed Potatoes, Green Beans Blueberry Cake</p>	<p>17 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Broccoli Soup, Salmon Patty Israeli Couscous w/ Olives and Roasted Tomatoes, Fresh Fruit</p> <p><u>DINNER</u> Corn Soup, Curry Chicken or Roasted Chicken, Rice, Coleslaw Coconut Cookies</p>	<p>18 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Veggie Soup, Chili/Carne Spaghetti Broccoli, Chocolate Cookies</p> <p><u>DINNER</u> Mushroom Barley Soup, Baked Tilapia or Roasted Chicken, Mashed Potatoes Green Peas and Red Pepper Mandel Bread</p>	<p>19 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Corn Soup, Tuna Salad, Green Salad Fresh Bread, Ice Cream</p> <p><u>DINNER</u> Tomato Basil Soup, French Dip Au Jus or BBQ Chicken, Herb Roasted Potatoes Coleslaw, Raspberry Sorbet</p>	<p>20 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Tomato Veggie Soup, Grilled Cheese Sandwiches, French Fries, Tossed Salad Watermelon Slices</p> <p><u>DINNER</u> Kreplach Soup, Challah/Gefilte Fish or Apricot Tequila Chicken, Potato Kugel Tzimmes, Honey Cake</p>	<p>21 <u>BREAKFAST</u> Lox & Bagels, Hardboiled Eggs Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Borscht Soup, Salami Sandwich Garden Salad, Fresh Fruit</p> <p><u>DINNER</u> Split Pea Soup, Poached Salmon w/Dill Sauce, Pasta Salad Marinated Cucumber Salad Chocolate Butterscotch Bar</p>
<p>22 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Mushroom Barley Soup, Mediterranean Salad Plate, Hummus/Falafel, Pita Bread Lemon Sorbet</p> <p><u>DINNER</u> Vegetable Soup, BBQ Chicken or Marinated Chicken, Baked Potato Cream of Spinach, Apple Crisp</p>	<p>23 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Egg Drop Soup, Orange Chicken Brown Rice, Broccoli, Almond Cookies</p> <p><u>DINNER</u> Onion Soup Spaghetti & Meatballs, Zucchini Cream Puff</p>	<p>24 <u>BREAKFAST</u> French Toast, Eggs any Style, Prunes Hot & Cold Cereals, Fresh Fruit</p> <p><u>LUNCH</u> Mushroom Barley Soup, Corned Beef Sandwich w/Rye Bread, Coleslaw Lemon Bar</p> <p><u>DINNER</u> White Bean Soup, Poached Salmon Roasted Chicken, Rice Pilaf Israeli Salad, Chocolate Brownie</p>	<p>25 <u>BREAKFAST</u> Pancakes, Eggs any Style, Prunes Hot & Cold Cereals, Fresh Fruit</p> <p><u>LUNCH</u> Minestrone Soup, Vegetable Lasagna w/Cheese, French Garlic Toast Garden Salad, Spumoni</p> <p><u>DINNER</u> Cabbage Soup, Chicken Schnitzel or BBQ Chicken, Sweet Potato, Green Salad, Chocolate Cake</p>	<p>26 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Corn Chowder, Tilapia, Coleslaw Sweet Potato Fries Chocolate Ice Cream</p> <p><u>DINNER</u> Cauliflower Soup, Beef Brisket or Baked Chicken, Mashed Potatoes Green Bean Almandine Spanish Tart Cake</p>	<p>27 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Potato Soup, Fresh Fruit Plate Yogurt/Cottage Cheese Cornmeal Bread, Jell-O</p> <p><u>DINNER</u> Matza Ball Soup, Challah, Gefilte Fish Roast Beef, Spanish Rice Vegetable Florentine, Honey Cake</p>	<p>28 <u>BREAKFAST</u> Lox & Bagels, Hard Boiled Eggs Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cold Borscht Soup, Egg Salad and Tuna Salad, French Bread, Garden Salad Strawberry Tart</p> <p><u>DINNER</u> Split Pea Soup, Chicken Salad or Herbed Chicken, Beet Salad Rotini Salad w/Veggies Chocolate Cake</p>
<p>29 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Red Bell Pepper Soup, Eggplant Parmesan w/Cheese, Garden Salad, Fresh Fruit Coconut Cookies</p> <p><u>DINNER</u> Roasted Butternut Squash Soup Apricot Tequila Chicken, Potato Wedges Honey Carrots, Poached Pear</p>	<p>30 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Minestrone Soup, Cheese & Vegetable Pizza, Cabbage Salad, Fresh Fruit Chocolate Mousse</p> <p><u>DINNER</u> White Bean Soup, Meatloaf or Herbed Chicken, Mashed Potatoes Green Beans, Banana Cake</p>	<p>31 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Tilapia, Baked Potato Fresh Fruit Chocolate Cake</p> <p><u>DINNER</u> Minestrone Soup, BBQ Chicken or Roasted Chicken, Corn on the Cob Tossed Salad w/Garbanzo and Tomato Almond Cookies</p>	<p>MENU ALTERNATIVES Fruit & Cottage Cheese Platter</p> <p>Assorted Sandwiches including Egg or Tuna Salad, Turkey Peanut Butter & Jelly</p>	<p>THE MONTH OF JULY IS...</p> <p>Air-Conditioning Appreciation Days Doghouse Repairs Month Eye Injury Prevention Month Family Reunion Month International Pickle Month Minority Mental Health Month National Anti-Boredom Month National Baked Bean Month National Culinary Arts Month National Grilling Month</p> <p>National Hot Dog Month National Ice Cream Month National July Belongs to Blueberries Month National Picnic Month National Recreation & Parks Month Sandwich Generation Month Sarcoma Awareness Month Unlucky Month for Weddings UV Safety Month</p>		<p>BEVERAGES <i>Breakfast</i> Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water</p> <p><i>Lunch & Dinner</i> Coffee - Hot Tea Water - Ice Tea Lemonade</p>

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.

lic: 197603221

