

# GARDEN OF PALMS MENU



# November 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



**THE MONTH OF OCTOBER IS...**

Adopt a Senior Pet Month  
Diabetic Eye Disease Month  
Family Stories Month  
Inspirational Role Models Month  
Long-term Care Awareness Month  
Lung Cancer Awareness Month  
Military Family Appreciation Month  
National Adoption Month  
National Alzheimer's Disease Month  
National Gratitude Month

National Family Literacy Month  
National Peanut Butter Lovers Month  
National Pepper Month  
National Raisin Bread Month  
National Roasting Month  
National Scholarship Month  
PTA Healthy Lifestyles Month  
Spinach and Squash Month  
Sweet Potato Awareness Month  
Vegan Month

**4** *Daylight Savings Time ends*  
**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**  
BBQ Chicken  
Mashed Potatoes, Carrots  
Poached Pear

**5**  
**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, Meat Loaf or Herbed Chicken, Mashed Potatoes  
Green Beans, Banana Cake

**6** *Election Day*  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Carrot Soup, Grilled Talapia  
Baked Potato, Grilled Zucchini  
Chocolate Cake  
**DINNER**  
Minestrone Soup, Curry Chicken or Roasted Chicken, Corn on the Cob  
Tossed Salad w/Garbanzo and Tomato  
Almond Cookies

**7**  
**BREAKFAST**  
Pancakes, Eggs any Style, Prunes  
Hot & Cold Cereals, Fresh Fruit  
**LUNCH**  
Minestrone Soup, Corned Beef  
French Garlic Toast, Green Salad  
Peanut Butter Cookies  
**DINNER**  
Cabbage Soup, Chicken Schnitzel or BBQ Chicken, Sweet Potato, Green Salad, Chocolate Cake

**8**  
**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

**9**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Pinto Bean Soup, Potato Pancake  
Sour Cream, Apple Sauce, 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**  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Potato Soup, Vegetable Quiche  
Focaccia Bread, Fresh Fruit  
Chocolate Pudding  
**DINNER**  
Cauliflower Soup, Turkey Meat Loaf or Baked Chicken, Green Beans Almandine  
Spinach, Coconut Cookies

**12** *Veterans Day*  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Tomato Soup, French Fries  
Hot Dogs and Hamburgers  
Oatmeal Cookies  
**DINNER**  
Cauliflower Soup, Rib Eye Steak  
Herbed Rice, Grilled Zucchini  
Sugar Cookies

**13**  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Mushroom Soup, Chicken Lo Mein  
Broccoli, Fresh Fruit  
**DINNER**  
Tomato Soup, Turkey Meatballs  
Spaghetti, Broccoli  
Banana Cake

**14**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Vegetable Soup, Salmon, Rice  
Garden Salad, Cookies  
**DINNER**  
Lentil Soup, Beef Fajitas  
Seasoned Potatoes  
Fruit, Jello

**15**  
**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**  
Sweet Potatoes, Chicken Schnitzel or BBQ Chicken, Kasha Varnishkes  
Roasted Carrots, Fresh Fruit

**16**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Corn Soup, Cheese Blintzes,  
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

**17**  
**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

**18**  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Broccoli Soup, Tuna Salad  
Garden Salad, Fresh Fruit, Fresh Bread  
Ice Cream  
**DINNER**  
Cabbage Soup  
Grilled Chicken Salad  
Chocolate Brownies

**19**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Carrot Soup, Chicken Salad  
Potato Salad, Fresh Fruit  
Cookies  
**DINNER**  
Lentil Soup, Salisbury Steak w/Mushroom  
Sauce, Mashed Potatoes, Green Beans  
Blueberry Cake

**20**  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Cream of Broccoli Soup, Salmon  
Israeli Couscous w/ Olives and Roasted  
Tomatoes, Fresh Fruit  
**DINNER**  
Corn Soup, Curry Chicken or  
Roasted Chicken, Rice, Coleslaw  
Coconut Cookies

**21**  
**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

**22** *Thanksgiving Day*  
**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  
**THANKSGIVING DINNER**  
Mushroom Barley Soup  
Roasted Turkey w/Cranberry Sauce  
Stuffing, Green Beans, Apple Cake

**23**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Corn Soup  
Eggplant Parmesan, Garlic Bread  
Chocolate Ice Cream  
**DINNER**  
Matza Ball Soup, Challah, Gefilte Fish  
Lamb Chops w/Mint Jam or Baked  
Chicken, Sweet Noodle, Kugel  
Tossed Salad, Apple Sauce Cake

**24**  
**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

**25**  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Broccoli Soup, Tuna Salad  
Garden Salad, Fresh Fruit, Fresh Bread  
Ice Cream  
**DINNER**  
Cabbage Soup, Marinara Chicken or  
Roast Chicken, Mashed Potatoes  
Grilled Zucchini, Baked Potato  
Chocolate Brownies

**26**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Carrot Soup, Chicken Salad  
Potato Salad, Fresh Fruit  
Cookies  
**DINNER**  
Lentil Soup, Meat Loaf  
Mashed Potatoes, Broccoli  
Chocolate Cake

**27**  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Cream of Broccoli Soup, Salmon  
Israeli Couscous w/ Olives and Roasted  
Tomatoes, Fresh Fruit  
**DINNER**  
Corn Soup, BBQ Chicken or  
Roasted Chicken, Rice, Coleslaw  
Coconut Cookies

**28**  
**BREAKFAST**  
Pancakes, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Veggie Soup, Meat Sauce Spaghetti  
Broccoli, Chocolate Cookies  
**DINNER**  
Mushroom Barley Soup, Baked Tilapia or  
Roasted Chicken, Mashed Potatoes  
Green Peas and Red Pepper  
Mandel Bread

**29**  
**BREAKFAST**  
French Toast, Eggs any Style  
Hot & Cold Cereals, Fresh Fruit, Prunes  
**LUNCH**  
Corn Soup, Tuna Salad, Green Salad  
Fresh Bread, Ice Cream  
**DINNER**  
Tomato Basil Soup, French Dip Au Jus or  
BBQ Chicken, Herb Roasted Potatoes  
Coleslaw, Raspberry Sorbet

**30**  
**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

**BEVERAGES**  
**Breakfast**  
Cranberry, Apple,  
Orange Juices  
Coffee - Hot Tea  
Hot Chocolate  
Milk - Water  
**Lunch & Dinner**  
Coffee - Hot Tea  
Water - Ice Tea  
Lemonade