

GARDEN OF PALMS MENU



October 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	1 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Carrot Soup, Chicken Salad Potato Salad, Fresh Fruit Cookies <u>DINNER</u> Lentil Soup, Salisbury Steak w/Mushroom Sauce, Mashed Potatoes, Green Beans Blueberry Cake	2 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Broccoli Soup, Salmon Israeli Couscous w/ Olives and Roasted Tomatoes, Fresh Fruit <u>DINNER</u> Corn Soup, Curry Chicken or Roasted Chicken, Rice, Coleslaw Coconut Cookies	3 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Veggie Soup, Chili/Carne Spaghetti Broccoli, Chocolate Cookies <u>DINNER</u> Mushroom Barley Soup, Baked Tilapia or Roasted Chicken, Mashed Potatoes Green Peas and Red Pepper Mandel Bread	4 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Corn Soup, Tuna Salad, Green Salad Fresh Bread, Ice Cream <u>DINNER</u> Tomato Basil Soup, French Dip Au Jus or BBQ Chicken, Herb Roasted Potatoes Coleslaw, Raspberry Sorbet	5 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Tomato Veggie Soup, Grilled Cheese Sandwiches, French Fries, Tossed Salad Watermelon Slices <u>DINNER</u> Kreplach Soup, Challah/Gefilte Fish or Apricot Tequila Chicken, Potato Kugel Tzimmes, Honey Cake	6 <u>BREAKFAST</u> Lox & Bagels, Hardboiled Eggs Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Borscht Soup, Salami Sandwich Garden Salad, Fresh Fruit <u>DINNER</u> Split Pea Soup, Poached Salmon w/Dill Sauce, Pasta Salad Marinated Cucumber Salad Chocolate Butterscotch Bar
	7 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Mushroom Barley Soup, Mediterranean Salad Plate, Hummus/Falafel, Pita Bread Lemon Sorbet <u>DINNER</u> Vegetable Soup, BBQ Chicken or Marinated Chicken, Baked Potato Cream of Spinach, Apple Crisp	8 <i>Columbus Day</i> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Egg Drop Soup, Orange Chicken Brown Rice, Broccoli, Almond Cookies <u>DINNER</u> Onion Soup Spaghetti & Meatballs, Zucchini Cream Puff	9 <u>BREAKFAST</u> French Toast, Eggs any Style, Prunes Hot & Cold Cereals, Fresh Fruit <u>LUNCH</u> Mushroom Barley Soup, Corned Beef Sandwich w/Rye Bread, Coleslaw Lemon Bar <u>DINNER</u> White Bean Soup, Poached Salmon Roasted Chicken, Rice Pilaf Israeli Salad, Chocolate Brownie	10 <u>BREAKFAST</u> Pancakes, Eggs any Style, Prunes Hot & Cold Cereals, Fresh Fruit <u>LUNCH</u> Minestrone Soup, Vegetable Lasagna w/Cheese, French Garlic Toast Garden Salad, Spumoni <u>DINNER</u> Cabbage Soup, Chicken Schnitzel or BBQ Chicken, Sweet Potato, Green Salad, Chocolate Cake	11 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Corn Chowder, Tilapia, Coleslaw Sweet Potato Fries Chocolate Ice Cream <u>DINNER</u> Cauliflower Soup, Beef Brisket or Baked Chicken, Mashed Potatoes Green Bean Almandine Spanish Tart Cake	12 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Potato Soup, Fresh Fruit Plate Yogurt/Cottage Cheese Cornmeal Bread, Jell-O <u>DINNER</u> Matza Ball Soup, Challah, Gefilte Fish Roast Beef, Spanish Rice Vegetable Florentine, Honey Cake
14 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Red Bell Pepper Soup, Eggplant Parmesan w/Cheese, Garden Salad, Fresh Fruit Coconut Cookies <u>DINNER</u> Roasted Butternut Squash Soup Apricot Tequila Chicken, Potato Wedges Honey Carrots, Poached Pear	15 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Minestrone Soup, Cheese & Vegetable Pizza, Cabbage Salad, Fresh Fruit Chocolate Mousse <u>DINNER</u> White Bean Soup, Meatloaf or Herbed Chicken, Mashed Potatoes Green Beans, Banana Cake	16 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Carrot Soup, Grilled Tilapia Baked Potato, Grilled Zucchini Chocolate Cake <u>DINNER</u> Minestrone Soup, BBQ Chicken or Roasted Chicken, Corn on the Cob Tossed Salad w/Garbanzo and Tomato Almond Cookies	17 <u>BREAKFAST</u> Pancakes, Eggs any Style, Prunes Hot & Cold Cereals, Fresh Fruit <u>LUNCH</u> Minestrone Soup, Corned Beef French Garlic Toast, Green Salad Peanut Butter Cookies <u>DINNER</u> Cabbage Soup, Chicken Schnitzel or BBQ Chicken, Sweet Potato, Green Salad, Chocolate Cake	18 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Mushroom Barley Soup Turkey w/Avocado Sub Sandwich, Pickle Cucumber Salad, Fresh Fruit <u>DINNER</u> Vegetable Soup, Stuffed Cabbage Roasted Potatoes, Fresh Ginger Carrots Baked Apples	19 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Pinto Bean Soup, Cheese Enchiladas Spanish Rice, Guacamole, Churros <u>DINNER</u> Kreplach Soup, Challah, Gefilte Fish Oven Fried Chicken or Roasted Chicken, Potato Kugel Sautéed Broccoli, Bread Pudding	20 <u>BREAKFAST</u> Lox & Bagels, Hardboiled Eggs Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Borscht Soup, Cholent Garden Salad, Fruit Cup <u>DINNER</u> Split Pea Soup, Honey Mustard Salmon or Herbed Chicken Tri-Color Pasta Salad, Dinner Roll Chocolate Chip Cookies
21 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Grilled Red Pepper Soup, Choice of Hot Dog or Hamburger, Carrot Salad, French Fries, Oatmeal Cookies, Watermelon <u>DINNER</u> Cauliflower Soup, Turkey Meatloaf or Baked Chicken, Green Beans Almandine Spinach, Coconut Cookies	22 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Leak and Potato Soup, Vegetable Quiche, Green Salad, Focaccia Bread Chocolate Pudding <u>DINNER</u> Cauliflower Soup, Turkey Spaghetti & Meatballs or Baked Chicken, Broccoli Banana Cake	23 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Mushroom Soup, Chicken Lo Mein Broccoli, Fresh Fruit <u>DINNER</u> Tomato Soup, Rib Eye Steak or Roasted Chicken, Herbed Rice, Grilled Lemon Garlic Zucchini, Sugar Cookies	24 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Vegetable Soup, Salmon, Rice Garden Salad, Cookies <u>DINNER</u> Lentil Soup, Chicken Marsala Seasoned Potatoes Creamed Spinach Jell-O	25 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Minestrone Soup, Tuna Melt Sandwich French Fries, Garden Salad Spumoni Ice Cream <u>DINNER</u> Butternut Squash, Chicken Schnitzel or BBQ Chicken, Kasha Varnishkes Roasted Carrots, Fresh Fruit	26 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Corn Soup, Cheese Blintzes, Apple Sauce, Sour Cream Fresh Fruit <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	27 <u>BREAKFAST</u> Lox & Bagels, Hardboiled Eggs Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Borscht, Chinese Chicken Salad w/Rice Noodles, Asian Dressing, Fresh Orange Slices, Bread, Chocolate Cake <u>DINNER</u> Split Pea Soup, Mediterranean Wraps w/ Chicken & Hummus or Baked Chicken Tabouli Marinated Cucumber & Tomato Salad, Fresh Fruit Cup
28 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Broccoli Soup, Tuna Salad Garden Salad, Fresh Fruit, Fresh Bread Ice Cream <u>DINNER</u> Cabbage Soup, Marinara Chicken or Roast Chicken, Mashed Potatoes Grilled Zucchini, Baked Potato Chocolate Brownies	29 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Carrot Soup, Chicken Salad Potato Salad, Fresh Fruit Cookies <u>DINNER</u> Lentil Soup, Salisbury Steak w/Mushroom Sauce, Mashed Potatoes, Green Beans Blueberry Cake	30 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Broccoli Soup, Salmon Israeli Couscous w/ Olives and Roasted Tomatoes, Fresh Fruit <u>DINNER</u> Corn Soup, Curry Chicken or Roasted Chicken, Rice, Coleslaw Coconut Cookies	31 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereals, Fresh Fruit, Prunes <u>LUNCH</u> Veggie Soup, Chili/Carne Spaghetti Broccoli, Chocolate Cookies <u>DINNER</u> Mushroom Barley Soup, Baked Tilapia or Roasted Chicken, Mashed Potatoes Green Peas and Red Pepper Mandel Bread	THE MONTH OF SEPTEMBER IS... Apple Month Baby Safety Month Better Breakfast Month Blood Cancer Awareness Month Childhood Cancer Awareness Month Cholesterol Education Month Classical Music Month Fall Hat Month Food Safety Education Month Hispanic Heritage Month International Square Dancing Month Little League Month Library Card Sign-Up Month National Chicken Month National Courtesy Month National Piano Month National Preparedness Month Pain Awareness Month Prostate Health Month Self Improvement Month		BEVERAGES Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade

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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