

GARDEN OF PALMS MENU



September 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31 **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

THE MONTH OF SEPTEMBER IS...
National Americana Month
Better Breakfast Month
Classical Music Month
Fall Hat Month
Hispanic Heritage Month
International Square Dance Month
Little League Month
National Chicken Month
National Courtesy Month
National Honey Month
National Library Card Sign Up Month
National Piano Month
National Potato Month
National Preparedness Month
National Rice Month
National Self-Care Awareness Month
National Sewing Month
Save Your Photos Month
Self Improvement Month
Whole Grains Month

May your honeypot
runneth over.

Shanah Tovah!

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



1 **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
Grilled Salmon, Potato Salad
Cucumber & Tomato Salad
Fresh Fruit

2 **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

3 **Labor Day**
BREAKFAST
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Carrot Soup, Vegetable Pizza
Cabbage Salad, Fresh Fruit
Chocolate Cake
DINNER
Lentil Soup, Salisbury Steak w/Mushroom
Sauce, Mashed Potatoes, Green Beans
Blueberry Cake

4 **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

5 **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

6 **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

7 **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

8 **BREAKFAST**
Lox & Bagels, Hardboiled Eggs
Cold Cereals, Fresh Fruit, Prunes
LUNCH
Turkey Breast Salad, Challah, Fresh Fruit
Peanut Butter Cookies
DINNER
Split Pea Soup, Poached Salmon
w/Dill Sauce, Pasta Salad
Marinated Cucumber Salad
Chocolate Butterscotch Bar

9 **Grandparent's Day**
Rosh Hashanah (begins at sundown)
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
Matzo Ball Soup, Beef Brisket
Roast Potatoes, Carrot Tzimmes
Honey Cake

10 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Tomato Soup
Grilled Tilapia, Brown Rice
Almond Cookies
DINNER
Matzo Ball Soup, Lamb Chops
Sweet Potatoes, Green Beans
Apple Sauce Cake

11 **Patriot Day**
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
Chili Con Carne, Potato Salad
Baguette, Broccoli

12 **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

13 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Corn Chowder, Tilapia, Coleslaw Sweet
Potato Fries
Chocolate Ice Cream
DINNER
Cauliflower Soup, Beef Brisket or
Baked Chicken, Mashed Potatoes
Green Bean Almandine
Spanish Tart Cake

14 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Potato Soup, Fresh Fruit Plate
Yogurt/Cottage Cheese
Cornmeal Bread, Jell-O
DINNER
Matza Ball Soup, Challah, Gefilte Fish
Roast Beef, Spanish Rice
Vegetable Florentine, Honey Cake

15 **BREAKFAST**
Lox & Bagels, Hard Boiled Eggs
Cold Cereals, Fresh Fruit, Prunes
LUNCH
Cold Borscht Soup, Egg Salad and Tuna
Salad, French Bread, Garden Salad
Strawberry Tart
DINNER
Split Pea Soup, Chicken Salad or
Herbed Chicken, Beef Salad
Rotini Salad w/Veggies
Chocolate Cake

16 **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

17 **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

18 **Yom Kippur (begins at sundown)**
BREAKFAST
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Carrot Soup, Baked Potato
BBQ Salmon, Grilled Zucchini
Chocolate Cake
DINNER
White Bean Soup, Poached Salmon
Roasted Chicken, Rice Pilaf
Israeli Salad, Chocolate Brownie

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

20 **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

21 **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

22 **Autumn begins**
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

23 **Sukkot (begins at sundown)**
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
Matzo Ball Soup, Corn Beef
Sweet Potato Tzimmes, Broccoli
Honey Cake

24 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Fresh Turkey, Cranberry Sauce
Mashed Potatoes, Fresh Fruit
Banana Muffins
DINNER
Matzo Ball Soup, Rib Eye Steak
Mashed Potatoes, Green Beans
Chocolate Cake

25 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Minestrone Soup, Spaghetti & Meatballs
Grilled Zucchini, Sugar Cookies
DINNER
Tomato Soup, Rib Eye Steak or Roasted
Chicken, Herbed Rice, Grilled Lemon
Garlic Zucchini, Sugar Cookies

26 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereals, Fresh Fruit, Prunes
LUNCH
Vegetable Soup, Salmon, Rice
Garden Salad, Cookies
DINNER
Lentil Soup, Chicken Marsala
Seasoned Potatoes
Creamed Spinach
Jell-O

27 **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
Mushroom Barley Soup
Stuffed Cabbage, Brown Rice, Broccoli
Fresh Fruit

28 **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

29 **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

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

