Lakewood Gardens 2025
September Menu

Menu subject to change without prior notice.
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Adam know 3 hours before meal time. **BEVERAGES** ***Breakfast*** Cranberry Juice Coffee - Hot Tea Hot Chocolate Milk - Water ***Lunch & Dinner*** Cranberry Juice Coffee - Hot Tea Lemonade Water - Ice Tea	**Labor Day** **1** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice, French Toast, Syrup LUNCH Diced Tomato Salad Stir Fry Chicken, Vegetables Steamed Rice Chocolate Pudding DINNER Cream of Broccoli Soup Beef and Macaroni, Zucchini Bread, Cran-Apple Crisp	**2** BREAKFAST Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast LUNCH Green Salad, Dressing, Beef Steak Gravy, Corn w/Pimento Mashed Potatoes, Pineapple Cake DINNER Tomato Soup, Tuna Salad Sandwich 3-Bean Salad, Sliced Peaches	**3** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Wheat, Pancakes, Syrup LUNCH Sliced Cucumber w/Sour Cream Beef Stroganoff over Noodles Broccoli, Bread, Fresh Fruit Cup DINNER Chicken Noodle Soup Hamburger on Bun, French Fries Brownie	**4** BREAKFAST Fruit Juice, Milk, Oatmeal Cheese Omelet, Toast LUNCH Green Salad, Dressing, Sweet 'n' Sour Pork, White Rice, Green Beans Oatmeal Cookies DINNER Split Pea Soup, Turkey a la King Toast, Mixed Vegetables Butterscotch Pudding	**5** BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-O-Meal, French Toast, Syrup LUNCH Carrot Salad, Chicken Macaroni & Cheese, Sliced Zucchini, Cornbread Sherbet DINNER Beef Barley Soup, Cottage Pie Peas and Carrots, Dinner Roll Carrot Cake w/Frosting	**6** BREAKFAST Fruit Juice, Milk, Fruit Cup Otmeal, Scrambled Egg, Biscuit LUNCH Green Salad, Dressing Corned Beef and Boiled Cabbage Sliced Carrots, Bread Spiced Apple Sauce DINNER Clam Chowder Soup, Deli Meat Sandwich, Potato Chips Cookie
Grandparents' Day **7** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice Cinnamon French Toast, Syrup LUNCH 3-Bean Salad, Teriyaki Meatballs Oriental Vegetables, Rice Apple Crisp DINNER Cream of Celery Soup, Scalloped Potatoes w/Diced Ham Scandanavian Vegetables, Fresh Fruit	**8** BREAKFAST Fruit Juice, Milk, Toast Oatmeal, Scrambled Egg w/Sausage LUNCH Green Salad, Dressing Salisbury Steak, Gravy, Fluffy Rice Carrots, Pineapple Tidbits DINNER Minestrone Soup, Macaroni and Cheese, Seasoned Broccoli Garlic Bread, Peanut Butter Cookies	**9** BREAKFAST Fruit Juice, Milk, Toast Cream of Wheat, Hard Boiled Egg LUNCH Green Salad, Dressing Oven Baked Chicken, Gravy Whipped Potatoes, Corn, Bread Fresh Fruit DINNER Beef Barley Soup Roast Beef Sandwich Potato Chips, Fresh Fruit	**10** BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Buttermilk Pancakes, Syrup LUNCH Sliced Cucumber w/Vinaigrette Sliced Roast Pork, Rice Pilaf, Wax Beans, Frosted Chocolate Cake DINNER Vegetable Soup, Oven Baked Fish Carrots, Mashed Potatoes Seasoned Spinach Strawberry Yogurt	**11** BREAKFAST Fruit Juice, Milk, Bacon Malt-o-Meal, Scrambled Egg Bran Muffin, Margarine LUNCH Green Salad, Dressing, Meatloaf Mashed Potatoes, Gravy, Seasoned Zucchini, Bread, Peach Crisp DINNER Cream of Tomato Soup, Ham and Cheese Sandwich, Macaroni Salad Fresh Fruit	**12** BREAKFAST Fruit Juice, Milk, Toast Oatmeal, Ham & Cheese Omelet LUNCH Green Salad,Dressing, Cheese Enchiladas, Spanish Rice Refried Beans, Chocolate Cookies DINNER Lentil Soup, Swedish Meatballs over Egg Noodles, Italian Vegetables Gelatin w/Fruit	**13** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice, French Toast, Syrup LUNCH Carrot Salad, Citrus Baked Chicken Parslied Potatoes, Mixed Vegetables Bread, Ice Cream DINNER Chicken Noodle Soup BLT Sandwich, French Fries Sliced Peaches
14 BREAKFAST Fruit Juice, Milk, Toast Oatmeal, Scrambled Egg w/Diced Sausage LUNCH 3-Bean Salad, Roast Beef, Gravy Scalloped Potatoes, Roll Yellow Cake Topping DINNER Vegetable Soup, Surf Burger on Bun Tator Tots, Tomato, Lettuce Jello Cubes	**15** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Wheat, Pancakes, Syrup LUNCH Green Salad, Dressing Sweet 'n' Sour Chicken, Fried Rice Seasoned Peas, Bread Rainbow Sherbet DINNER Cream of Broccoli Soup Turkey Pot Pie, Green Beans, Bread Carrot Cake	**16** BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Hard Boiled Egg, Toast LUNCH Green Salad, Dressing, Garlic Bread Spaghetti w/Meat Sauce Sugar Cookies DINNER Split Pea Soup, Deli Meat Sandwich Potato Salad, Pickle Wedge Custard	**17** BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-o-Meal, French Toast, Syrup LUNCH Sliced Cucumber w/Vinaigrette Sliced Roast Pork, Gravy Mashed Potatoes, Broccoli, Roll Chocolate Cake DINNER Beef Stew w/Vegetables Cornbread, Fresh Fruit	**18** BREAKFAST Fruit Juice, Milk, Oatmeal Cheese Omelet, Toast LUNCH Beet Salad, Chicken Cacciatore Egg Noodles, Seasoned Spinach Bread, Peanut Butter Cookies DINNER Vegetable Soup, Beef Fried Steak Country Gravy, Potato Wedges Yellow Squash, Bread Coconut Pudding	**19** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice, Coffee Cake Scrambled Egg w/Diced Ham LUNCH Green Salad, Dressing Oven Baked Fish, Rice Pilaf Sliced Carrots, Spiced Pears DINNER Beef Barley Soup, Turkey Tetrazinni Waxed Beans, Bread, Carrot Cake	**20** BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Pancakes, Syrup LUNCH Carrot Salad, Garlic Bread Italian Style Lasagna, Zucchini Vanilla Pudding DINNER Cream of Tomato Soup Pork Rib Patties on Bun, Green Peas Chilled Pineapple Tidbits
21 BREAKFAST Fruit Juice, Milk, Toast Cream of Wheat, Cheese Omelet LUNCH Green Salad, Dressing, Dinner Roll Chicken Teriyaki, Rice Japanese Vegetables, Sherbet DINNER Green Salad, Cornbread Chili Con Carne, Grated Cheese Apple Crisp	**Rosh Hashanah (begins at sundown)** **Fall Begins** **22** BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, French Toast, Syrup LUNCH Green Salad, Dressing Cheese Manicotti, Egg Noodles Green Beans, Bread, Fresh Fruit DINNER Minestone Soup, Tuna Salad Sandwich on Bun, Tator Tots, Custard	**23** BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-o-Meal, Scrambled Egg, Toast LUNCH Green Salad, Dressing, Bread Breaded Fish, Mashed Potatoes Sliced Carrots, Oatmeal Cookies DINNER Split Pea Soup, Pastrami Sandwich Potato Chips, Peaches	**24** BREAKFAST Fruit Juice, Milk, Oatmeal Coffee Cake, Scrambled Egg w/Diced Sausage, Fruit Cup LUNCH Green Salad, Sliced Turkey, Gravy Green Peas, Stuffing, Bread Strawberry Ice Cream DINNER Vegetable Soup, Ravioli Italian Vegetables, Bread Ambrosia	**25** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice, Hard Boiled Egg, Toast LUNCH Green Salad, Dressing Beef Faijitas, Flour Tortillas Refried Beans, Spanish Rice Frosted Caked DINNER Zucchini Soup, Hot Dog on Bun Oven Baked Red Potatoes Apple Whip	**26** BREAKFAST Fruit Juice, Milk, Oatmeal Pancakes, Syrup, Fruit Cup LUNCH Green Salad, Salisbury Steak Gravy, Seasoned Spinach Whipped Potatoes, Bread Gello Cubes w/Topping DINNER Clam Chowder Sloppy Joe w/ Bun, French Fries Carrot Cake	**27** BREAKFAST Fruit Juice, Milk, Toast Cream of Wheat, Scrambled Egg w/Diced Bacon LUNCH Green Salad w/Dressing, Bread BBQ Baked Chicken, Rice Corn with Carrots, Frosted Cake DINNER Cream of Chicken Soup Pepperoni Pizza, Green Salad Chilled Pineapple Tidbits
28 BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Eggs, Toast LUNCH Green Salad, Roast Pork Gravy, Au Gratin Potatoes Wax Beans, Bread Sliced Spice Apples DINNER Bean Soup, Grilled Cheese Sandwich Carrots, Pineapple Salad, Fresh Fruit	**29** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice, French Toast, Syrup LUNCH Diced Tomato Salad Stir Fry Chicken, Vegetables Steamed Rice Chocolate Pudding DINNER Cream of Broccoli Soup Beef and Macaroni, Zucchini Bread, Cran-Apple Crisp	**30** BREAKFAST Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast LUNCH Green Salad, Dressing, Beef Steak Gravy, Corn w/Pimento Mashed Potatoes, Pineapple Cake DINNER Tomato Soup, Tuna Salad Sandwich 3-Bean Salad, Sliced Peaches				

The Month of September is...

All American Breakfast Month
Classical Music Month
Healthy Aging Month
International Square Dancing Month
Library Card Sign-Up Month
National Americana Month
National Apple Month
National Chicken Month
National Cholesterol Education Month
National Courtesy Month
National Honey Month
National Piano Month
National Self Improvement Month
National Sewing Month
National Square Dance Month
National Wilderness Month
National Yoga Month
Social Wellness
Self-Improvement Month
Whole Grains Month
World Alzheimer's Month
World Candle Month

"All the months are crude experiments, out of which the perfect September is made."

~ Virginia Woolf