


# Lakewood Gardens 2021 January Menu

Menu  
subject to  
change without  
prior notice.



## SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p><b>BREAKFAST</b> Fruit Juice, Milk, Toast Cream of Rice, Cinnamon French Toast, Fruit Cup <b>LUNCH</b> Beet Salad, Roast Turkey, Gravy Stuffing, Green Peas, Roll Pumpkin Crisp <b>DINNER</b> Minestrone Soup, Tuna Salad Sandwich, Potato Chips, Tomato &amp; Lettuce, Coconut Pudding</p>	<p><b>31</b> 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.</p>	<p><b>BEVERAGES</b> <b>Breakfast</b> Cranberry Juice Coffee - Hot Tea Hot Chocolate Milk - Water <b>Lunch &amp; Dinner</b> Cranberry Juice Coffee - Hot Tea Lemonade Water - Ice Tea</p>	<p><b>THE MONTH OF JANUARY IS...</b></p> <table border="0"> <tr> <td>Baking Month Birth Defects Prevention Month Black Diamond Month Blood Donor Month Braille Literacy Month Cervical Health Awareness Fat Free Living Month Hot Tea Month National CBD Month</td> <td>National Glaucoma Awareness Month National Mentoring Month National Radon Action Month National Slow Cooking Month National Soup Month National Stalking Awareness Month Oatmeal Month Sunday Supper Month Thyroid Awareness Month</td> </tr> </table>		Baking Month Birth Defects Prevention Month Black Diamond Month Blood Donor Month Braille Literacy Month Cervical Health Awareness Fat Free Living Month Hot Tea Month National CBD Month	National Glaucoma Awareness Month National Mentoring Month National Radon Action Month National Slow Cooking Month National Soup Month National Stalking Awareness Month Oatmeal Month Sunday Supper Month Thyroid Awareness Month	<p>"January is the month for dreaming." ~ Jean Hersey</p> 	<p><i>New Year's Day</i> <b>BREAKFAST</b> Fruit Juice, Malt-O-Meal, Coffee Cake, Scrambled Eggs, Fruit Cup <b>LUNCH</b> Salad w/Dressing, Baked Fish Tater Tots, Sliced Zucchini, Bread Yellow Cake Topping <b>DINNER</b> Clam Chowder Soup Hot Dogs on a Bun, French Fries Baked Beans, Fresh Fruit</p>	<p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast, Fruit Cup <b>LUNCH</b> Coleslaw, Pork and Rice Casserole Broccoli, Bread Chocolate Pudding Topping <b>DINNER</b> Vegetable Soup, Meat Balls in Gravy Mashed Potato, Sliced Carrots Bread, Spiced Applesauce</p>
Baking Month Birth Defects Prevention Month Black Diamond Month Blood Donor Month Braille Literacy Month Cervical Health Awareness Fat Free Living Month Hot Tea Month National CBD Month	National Glaucoma Awareness Month National Mentoring Month National Radon Action Month National Slow Cooking Month National Soup Month National Stalking Awareness Month Oatmeal Month Sunday Supper Month Thyroid Awareness Month								

<p><b>BREAKFAST</b> Fruit Juice, Milk, Toast Cream of Rice, Cinnamon French Toast, Fruit Cup <b>LUNCH</b> Beet Salad, Roast Turkey, Gravy Stuffing, Green Peas, Roll Pumpkin Crisp <b>DINNER</b> Minestrone Soup, Tuna Salad Sandwich, Potato Chips, Tomato &amp; Lettuce, Coconut Pudding</p>	<p><b>3</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast <b>LUNCH</b> Green Salad, Dressing, Sliced Hot Dog w/BBQ, Baked Beans, Mixed Vegetables, Bread, Cookies <b>DINNER</b> Beef Barley Soup Grilled Cheese Sandwich Green Peas, Fresh Fruit</p>	<p><b>4</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Toast Cream of Wheat, Cheese Omelette Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Chicken Fajitas, Refried Beans, Flour Tortillas Spiced Peaches <b>DINNER</b> Corn Chowder Soup, Beef &amp; Macaroni, Carrots, Bread Fruited Gelatin</p>	<p><b>5</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Toast Cream of Wheat, Cheese Omelette Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Chicken Fajitas, Refried Beans, Flour Tortillas Spiced Peaches <b>DINNER</b> Corn Chowder Soup, Beef &amp; Macaroni, Carrots, Bread Fruited Gelatin</p>	<p><b>6</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk Oatmeal, Buttermilk Pancakes, Syrup Fruit Cup <b>LUNCH</b> Cucumber Vinegarette, Baked Fish Oven Fried Potatoes, Creole Tomatoes, Bread, Frosted Brownie <b>DINNER</b> Beef Stew w/Vegetables, Biscuit Chocolate Cookies</p>	<p><b>7</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Scrambled Egg, Bran Muffin Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Lasagna Vegetable Blend, Garlic Bread Fresh Fruit Cup <b>DINNER</b> Cabbage Soup, Turkey Salad Sandwich, Potato Salad Bread Pudding</p>	<p><b>8</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast, Fruit Cup Fruit Cup <b>LUNCH</b> Green Salad, Dressing, BBQ Chicken Steamed Rice, Sliced Zucchini Yogurt w/Topping <b>DINNER</b> Split Pea Soup, Hamburger on Bun French Fires, Leaf Lettuce, Tomato Slice, Peach Crisp</p>	<p><b>9</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Toast Cream of Rice, Coffee Cake Scrambled Egg w/Sausage Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Beef and Macaroni, Mixed Vegetables, Bread Raisin Oatmeal Cookies <b>DINNER</b> Vegetable Soup, Ham and Cheese Sandwich, 3 Bean Salad, Tomato Lettuce, Fruit Cocktail</p>
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<p><b>10</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Toast Oatmeal, Scrambled Eggs, Fruit Cup Fruit Cup <b>LUNCH</b> Green Salad, Dressing Roast Turkey w/Gravy, Mashed Potatoes, Green Beans Yellow Cake Topping <b>DINNER</b> Barley Soup, Crab Salad Fruit Carrot Salad, Bread Cherry Crunch</p>	<p><b>11</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Fruit Cup Cream of Wheat, French Toast, Syrup Fruit Cup <b>LUNCH</b> Green Salad, Dressing Hot Dog on a Bun, French Fries Chocolate Pudding <b>DINNER</b> Mushroom Soup, BBQ Pork on Bun Potato Salad, Fresh Melon</p>	<p><b>12</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Scrambled Eggs, Toast, Fruit Cup Fruit Cup <b>LUNCH</b> Green Salad, Chicken Enchiladas Refried Beans, Shredded Lettuce Tomato, Sour Cream, Apple Crisp <b>DINNER</b> Cream of Tomato Soup, Marconi &amp; Cheese, Green Beans, Corn Bread Chocolate Pudding</p>	<p><b>13</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Fruit Cup Pancakes, Malt-O-Meal Fruit Cup <b>LUNCH</b> Sliced Cucumber, Vinaigrette Meat Loaf, Steamed Rice Seasoned Spinach, Bread Pineapple Sherbet <b>DINNER</b> Vegetable Soup, Tuna Salad Sandwich, Beet Salad Frosted Spice Cake</p>	<p><b>14</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast Fruit Cup <b>LUNCH</b> Beet Salad, Mostaccioli w/Meat Sauce, Sliced Zucchini Fruit in Season <b>DINNER</b> Cream of Broccoli Soup, Chicken Rice Casserole, Sliced Carrots Biscuit, Spiced Applesauce</p>	<p><b>15</b></p> <p><b>BREAKFAST</b> Fruit Juice, Cream of Rice Milk, French Toast Fruit Cup <b>LUNCH</b> Green Salad, Sloppy Joe on Bun Green Beans, Potato Salad Cherry Crunch <b>DINNER</b> Minestrone Soup, Baked Fish Boiled Potatoes, Spinach, Bread Chilled Pears</p>	<p><b>16</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Scrambled Egg, Toast Fruit Cup <b>LUNCH</b> Macaroni Salad Hamburger on a Bun Lettuce and Tomato, Baked Beans Watermelon <b>DINNER</b> Turkey Soup, Grilled Cheese Sandwich, Tater Tots, Pineapple</p>
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<p><b>17</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk Cream of Wheat, Scrambled Egg Coffee Cake Banana Half, Toast Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Turkey w/Gravy, stuffing, Green Beans Bread Pudding <b>DINNER</b> Beef Barley Soup, Chili Con Carne w/Cheddar Cheese, Corn Bread Butterscotch Pudding</p>	<p><i>Martin Luther King Jr. Day</i> <b>18</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Cheesy Scrambled Egg, Toast Fruit Cup Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Roast Pork Gravy, Steamed Rice, Green Peas Bread, Strawberry Yogurt <b>DINNER</b> Tomato Soup, Grilled Cheese Sandwich, 3 Bean Salad, Pear Crisp</p>	<p><b>19</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Toast Malt-O-Meal, Pancakes, Syrup Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Beef Fajitas Refried Beans, Flour Tortillas, Cookies <b>DINNER</b> Bean Soup, Chicken Tetraxini Steamed Carrots, Cornbread Fresh Melon</p>	<p><b>20</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast, Fruit Cup Fruit Cup <b>LUNCH</b> Sliced Cucumber w/Sour Cream Beef and Cabbage Casserole Steamed Rice, Bread, Pineapple <b>DINNER</b> Minestrone Soup, Tuna Salad Sandwich, Potato Chips, Tomato &amp; Lettuce, Coconut Pudding</p>	<p><b>21</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk Cream of Rice, Scrambled Egg Fruit Cup <b>LUNCH</b> Green Salad, Spaghetti &amp; Meat Sauce, Green Beans Garlic Bread, Gelo Cubes <b>DINNER</b> Cream Broccoli Soup, Deli Meat Sandwich Pasta Salad Lettuce, Tomato, Custard</p>	<p><b>22</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Scrambled Egg, Toast, Fruit Cup Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Monterey Chicken, Boiled Potatoes, Sliced Carrots, Roll, Chocolate Pudding <b>DINNER</b> Split Pea Soup, Grilled Ham &amp; Cheese Sandwich, Potato Chips Fresh Fruit Compote</p>	<p><b>23</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Fruit Cup Cream of Wheat, French Toast, Syrup Fruit Cup <b>LUNCH</b> Sliced Hot Dog w/BBQ Sauce Baked Beans, Mixed Vegetables Bread, Apple Pie <b>DINNER</b> Cream of Celery Soup Hamburger on a Bun, French Fries Sliced Tomato, Lettuce, Brownie</p>
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<p><b>24</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Scrambled Eggs, Toast, Fruit Cup Fruit Cup <b>LUNCH</b> Green Salad w/Ranch Dressing Roast Beef w/Gravy, Scalloped Potatoes, Seasoned Peas, Cake <b>DINNER</b> Vegetable Soup, Macaroni &amp; Cheese Green Beans, Cornbread Fresh Fruit</p>	<p><b>25</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk Cream of Rice, Pancakes Fruit Cup <b>LUNCH</b> Green Salad, Shepherds Pie Mixed Vegetables Garlic Bread, Strawberry Yogurt <b>DINNER</b> Tomato Soup, Turkey Rice Casserole Steamed Broccoli, Bread Spiced Pears</p>	<p><b>26</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Fruit Cup Oatmeal, Hard Boiled Egg, Toast Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Chicken Enchiladas, Refried Beans Lettuce/Tomato, Cookies <b>DINNER</b> Chicken Noodle Soup, BBQ Beef on a Bun, Mashed Potatoes Peach Crisp</p>	<p><b>27</b></p> <p><b>BREAKFAST</b> Fruit Juice, French Toast Cream of Wheat, Fruit Cup Fruit Cup <b>LUNCH</b> Sliced Cucumber w/Vinaigrette Salisbury Steak, Broccoli Bread, Fresh Fruit Cup <b>DINNER</b> Navy Bean Soup, Tuna Salad Sandwich, 3 Bean Salad, Custard</p>	<p><b>28</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Cheese Omelette, Toast, Fruit Cup Fruit Cup <b>LUNCH</b> Green Salad, Dressing, Beef and Macaroni, Wax Beans Jello <b>DINNER</b> Split Pea Soup, Ham &amp; Cheese Sandwich, Coleslaw Gingerbread Cake</p>	<p><b>29</b></p> <p><b>BREAKFAST</b> Fruit Juice, Malt-O-Meal Coffee Cake, Scrambled Eggs Fruit Cup Fruit Cup <b>LUNCH</b> Salad w/Dressing, Baked Fish Tater Tots, Sliced Zucchini, Bread Yellow Cake Topping <b>DINNER</b> Clam Chowder Soup Hot Dogs on a Bun, French Fries Baked Beans, Fresh Fruit</p>	<p><b>30</b></p> <p><b>BREAKFAST</b> Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast, Fruit Cup Fruit Cup <b>LUNCH</b> Coleslaw, Pork and Rice Casserole Broccoli, Bread Chocolate Pudding Topping <b>DINNER</b> Vegetable Soup, Meat Balls in Gravy Mashed Potato, Sliced Carrots Bread, Spiced Applesauce</p>
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