Lakewood Gardens 2023
June Menu

Menu subject to change without prior notice.

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	**The Month of June is...** Men's Health Month National Candy Month National Culinary Arts Month National Country Cooking Month National Dairy Month National Family Reunion Month National Great Outdoors Month National Hot Dog Month National Ice Cream Month National Picnic Month National Safety Month National Soul Food Month National Watermelon Month Rose Month Social Wellness Month World Watercolor Month		**1** BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Egg, Bran Muffin LUNCH Green Salad, Dressing, Lasagna Blend of Vegetables, Garlic Bread Fruit Cup DINNER Cabbage Soup, Chicken Salad Sandwich, Potato Salad Bread Pudding	**2** BREAKFAST Fruit Juice, Milk,Oatmeal Hard Boiled Egg, Toast, Fruit Cup LUNCH BBQ Chicken Rice, Zucchini Sliced Peaches DINNER Split Pea Soup, Hamburger on Bun French Fries, Leaf Lettuce Tomato Slice, Peach Crisp	**3** BREAKFAST Fruit Juice, Milk, Toast Cream of Rice, Coffee Cake Scrambled Egg w/Sausage LUNCH Green Salad, Dressing, Beef and Macaroni, Mixed Vegetables, Bread Raisin Oatmeal Cookies DINNER Vegetable Soup, Ham and Cheese Sandwich, 3 Bean Salad, Tomato Lettuce, Fruit Cocktail
4 BREAKFAST Fruit Juice, Milk, Toast Oatmeal, Scrambled Eggs, Fruit Cup LUNCH Green Salad, Dressing, Dinner Roll Chicken Fried Steak Mashed Potatoes, Green Beans Frosted Cake DINNER Barley Soup, Tuna Salad Fruit Carrot Salad, Bread Cherry Crunch	**5** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Wheat, French Toast, Syrup LUNCH Green Salad, Dressing Teriyaki Chicken, Oriental Vegetables White Rice, Bread, Fresh Fruit Cup DINNER BBQ Pork on Bun, Lentil Soup Potato Salad, Cookies	**6** BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Eggs, Toast, Fruit Cup LUNCH Green Salad, Enchilada Casserole Refried Beans, Apple Crisp DINNER Cream of Tomato Soup, Macaroni & Cheese, Green Beans, Corn Bread Chocolate Pudding	**7** BREAKFAST Fruit Juice, Milk, Fruit Cup Pancakes, Malt-O-Meal LUNCH Sliced Cucumber, Vinaigrette Meat Loaf, Steamed Rice, Seasoned Spinach, Bread Pineapple Sherbet DINNER Vegetable Soup, Potato Chips Sliced Turkey Sandwich Frosted Spice Cake	**8** BREAKFAST Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast LUNCH Beet Salad, Mostaccioli w/Meat Sauce, Sliced Zucchini Fruit in Season DINNER Minestrone Soup, Baked Fish Boiled Potatoes, Spinach, Bread Chilled Pears	**9** BREAKFAST Fruit Juice, Cream of Rice Milk, French Toast LUNCH Green Salad, Dressing BBQ Chicken, Rice, Carrots Chocolate Pudding DINNER Split Pea Soup, Ham & Cheese Sandwich, Coleslaw Gingerbread Cake	**10** BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Egg, Toast LUNCH Green Salad, Dressing, Hamburger on Bun, French Fries, Baked Beans Watermelon DINNER Vegetable Soup, Spaghetti & Meatballs, Mixed Vegetables Pineapple
11 BREAKFAST Fruit Juice, Milk Cream of Wheat, Scrambled Egg Coffee Cake, Banana Half, Toast LUNCH Baked Chicken, Gravy, Stuffing Green Beans, Pudding DINNER Beef Barley Soup, Chili Con Carne with Cheddar Cheese, Cornbread Cookies	**12** BREAKFAST Fruit Juice, Milk, Oatmeal Cheesy Scrambled Egg, Toast Fruit Cup LUNCH Green Salad, Slice of Ham, Au Gratin Potatoes, Peas, Bread, Yogurt DINNER Tomato Soup, Grilled Cheese Sandwich, 3 Bean Salad Pear Crisp	**13** BREAKFAST Fruit Juice, Milk, Toast Malt-O-Meal, Pancakes, Syrup LUNCH Green Salad, Dressing Chicken Fajitas, Refried Beans Cookies DINNER Cream of Broccoli Soup Sliced Turkey Sandwich, Pasta Salad Lettuce/Tomato, Custard	*Flag Day* **14** BREAKFAST Fruit Juice, Milk, Oatmeal Hard Boiled Egg, Toast, Fruit Cup LUNCH Green Salad, Dressing Beef & Rice Casserole, Carrots and Corn, Bread, Pineapple DINNER Minestrone Soup, Tuna Salad Sandwich, Potato Chips, Tomato & Lettuce, Coconut Pudding	**15** BREAKFAST Fruit Juice, Milk Cream of Rice, Scrambled Egg LUNCH Green Salad, Creamy Chicken & Bowtie Noodles, Seasoned Carrots Dinner Roll, Frosted Cake DINNER White Bean Soup Roast Beef Sandwich Green Pea Salad, Vanilla Pudding	**16** BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Egg, Toast, Fruit Cup LUNCH Green Salad, Sloppy Joe on Bun Potato Salad, Cherry Crunch DINNER Split Pea Soup, Grilled Ham & Cheese Sandwich, Potato Chips Fresh Fruit Compote	**17** BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Wheat, French Toast, Syrup LUNCH Green Salad, Dressing Chili Dog, French Fries Apple Cobbler DINNER Cream of Celery Soup Mini Pepperoni Pizza, Caesar Salad Orange Wedge Brownie
Father's Day **18** BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Eggs, Toast, Fruit Cup LUNCH Green Salad, Dressing Baked Chicken, Gravy, Seasoned Peas, Mashed Potatoes Apple Pie DINNER Vegetable Soup, Macaroni & Cheese Green Beans, Cornbread Fresh Fruit	*Juneteenth* **19** BREAKFAST Fruit Juice, Milk Cream of Rice, Pancakes LUNCH Green Salad, Teriyaki Meatballs Oriental Vegetables, White Rice Bread, Jello DINNER Lentil Soup, Turkey Rice Casserole Steamed Broccoli, Bread, Spiced Pears	**20** BREAKFAST Fruit Juice, Milk, Toast Cream of Wheat, Cheese Omelette Fruit Cup LUNCH Green Salad, Dressing Cheese Enchiladas, Refried Beans Spiced Peaches DINNER Chicken Noodle Soup BBQ Beef on Bun, Tator Tots Gingerbread Cake	**21** BREAKFAST Fruit Juice, French Toast Cream of Wheat, Fruit Cup LUNCH Sliced Cucumber w/Vinaigrette Salisbury Steak, Rice, Broccoli Bread, Fresh Fruit Cup DINNER Navy Bean Soup, Tuna Salad Sandwich, 3 Bean Salad, Custard	**22** BREAKFAST Fruit Juice, Milk, Oatmeal Cheese Omelette, Toast, Fruit Cup LUNCH Green Salad, Chicken Parmesan Spaghetti Noodles, Mixed Vegetables, Cookies DINNER Split Pea Soup, Ham & Cheese Sandwich, Coleslaw Peach Crisp	**23** BREAKFAST Fruit Juice, Milk, Toast Malt-O-Meal, Pancakes, Syrup LUNCH Salad w/Dressing, Baked Fish Tater Tots, Sliced Zucchini, Bread Yellow Cake w/Topping DINNER Clam Chowder Hot Dogs on a Bun, French Fries Baked Beans, Fresh Fruit	**24** BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Eggs, Toast LUNCH Pork and Rice Casserole Broccoli, Bread Blueberry Crisp DINNER Cream of Tomato Soup Grilled Cheese Sandwich Tater Tots, Pears
25 BREAKFAST Fruit Juice, Milk, Toast Fruit Cup, Cream of Rice Cinnamon French Toast LUNCH Green Salad, Dressing, Beef & Macaroni, Green Beans, Bread Cookies DINNER Minestrone Soup, Tuna Salad Sandwich, Potato Chips, Tomato & Lettuce, Coconut Pudding	**26** BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Eggs, Toast LUNCH Pork and Rice Casserole Broccoli, Bread Blueberry Crisp DINNER Cream of Tomato Soup Grilled Cheese Sandwich Tater Tots, Pears	**27** BREAKFAST Fruit Juice, Milk, Toast Cream of Wheat, Cheese Omelette Fruit Cup LUNCH Green Salad, Dressing Beef Fajitas, Refried Beans Spiced Peaches DINNER Corn Chowder Soup Ham & Broccoli Pasta Casserole Carrots, Fruited Jello	**28** BREAKFAST Fruit Juice, Milk, Oatmeal Buttermilk Pancakes, Syrup, Fruit Cup LUNCH Cucumber Vinaigrette, Baked Fish Oven Fried Potatoes, Creole Tomatoes, Bread, Frosted Brownie DINNER Beef Stew w/Vegetables, Biscuit Chocolate Cookies	**29** BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Egg, Bran Muffin LUNCH Green Salad, Dressing, Lasagna Blend of Vegetables, Garlic Bread Fruit Cup DINNER Cabbage Soup, Chicken Salad Sandwich, Potato Salad Bread Pudding	**30** BREAKFAST Fruit Juice, Milk,Oatmeal Hard Boiled Egg, Toast, Fruit Cup LUNCH BBQ Chicken Rice, Zucchini Sliced Peaches DINNER Split Pea Soup, Hamburger on Bun French Fries, Leaf Lettuce Tomato Slice, Peach Crisp	"The red and white and starry blue - is freedom's shield and hope." *~ John Philip Sousa*