

Lakewood Gardens 2023

October Menu

Menu subject to change without prior notice.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
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	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	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	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	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	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	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		
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	<i>Columbus Day</i> 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	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	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	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	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	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		
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	BREAKFAST Fruit Juice, Milk, Oatmeal Scrambled Eggs, Toast LUNCH Sweet and Sour Chicken White Rice, Oriental Vegetables Bread, Strawberry Yogurt DINNER Beef Barley Soup, Green Pea Salad Pastrami Sandwich on Rye Bread Fresh Fruit	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 Honey Baked Ham, Sweet Yams Seasoned Carrots, Jello	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	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	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, Frosted Cake	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		
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	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	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	BREAKFAST Fruit Juice, Milk, Fruit Cup Pancakes, Malt-O-Meal LUNCH Sliced Cucumber, Vinaigrette Meat Loaf, Steamed Rice, Seasoned Peas, Bread Pineapple Sherbet DINNER Vegetable Soup, Potato Chips Sliced Turkey Sandwich Frosted Spice Cake	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	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	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		
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	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	<i>Halloween</i> BREAKFAST Fruit Juice, Milk, Toast Malt-O-Meal, Pancakes, Syrup HALLOWEEN LUNCH CELEBRATION DINNER Cream of Broccoli Soup Sliced Turkey Sandwich, Pasta Salad Lettuce/Tomato, Custard	The Month of October is... American Cheese Month Breast Cancer Awareness Month (Pink Awareness) Country Music Month Emotional Wellness Month LGBT History Month Long-Term Care Planning Month National Arts and Humanities Month National Book Month National Chili Month National Cookie Month National Pasta Month National Pizza Month National Seafood Month Raptor Month Rhubarb Month Self-Promotion Month Spinach Lovers Month Tackling Hunger Month Vegetarian Month				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