

Lakewood Gardens 2026
October 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	The Month of October is... American Cheese Month Black History Month Breast Cancer Awareness Month (Pink Awareness) Country Music Month Eat Better, Eat Together Month Emotional Wellness Month Healthy Lung Month Italian-American Heritage Month Long-Term Care Planning Month National Book Month		 National Chili Month National Cookie Month National Dessert Month National Pasta Month National Physical Therapy Month National Pizza Month National Pretzel Month Positive Attitude Month Scary Movie Month Vegetarian Month World Hunger Awareness Month				BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Waffles, Toast LUNCH Coleslaw, Sliced Ham, Sweet Potato Casserole, Mixed Vegetables, Bread Peanut Butter Cookies DINNER Vegetable Soup, Meatballs in Gravy Over Noodles, Sliced Carrots, Bread Bread Pudding	1	BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice, French Toast, Syrup LUNCH 3-Bean Salad, Chicken Pattie Gravy, Bowtie Noodles, Zucchini Roll, Spiced Pears DINNER Lentil Soup, Dinner Roll Cottage Pie, Peas & Carrots Carrot Cake	2	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad w/Dressing Hot Dogs, French Fries Vanilla Pudding DINNER Beef Barley Soup Grilled Cheese Sandwich Green Peas Chilled Pineapple Tidbits	3
BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Wheat Cheese Omelet, Toast LUNCH Green Salad, Dressing, Bread Sliced Pork, Gravy, Mashed Potatoes Spinach, Sherbet DINNER Corn Chowder Soup Beef & Macaroni, Carrots, Bread Apple Crisp	4	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Buttermilk Pancakes, Syrup LUNCH Cucumber, Vinegarette, Baked Fish Oven Fried Potatoes, Bread Creole Tomatoes DINNER Fresh Fruit Beef Stew w/Vegetables, Biscuit Custard	5	BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-o-Meal, Scrambled Egg Bran Muffin LUNCH Green Salad, Dressing, Beef & Vegetable Fajitas, Flour Tortillas Beans, Oatmeal Cookies DINNER Vegetable Soup, Hot Turkey Gravy, Mixed Vegetables Bread, Ambrosia	6	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Hard Boiled Egg, Toast LUNCH Green Salad, Dressing BBQ Chicken, Steamed Rice Sliced Zucchini, Bread Strawberry Ice Cream DINNER Split Pea Soup, Hamburger on a Bun French Fries, Leaf Lettuce & Tomato Slice, Peaches	7	BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice, Coffee Cake Scrambled Eggs LUNCH Zucchini & Tomato Salad Sweet & Sour Pork, White Rice Green Beans, Cookies DINNER Vegetable Soup Scalloped Potatoes w/Diced Ham Broccoli, Bread, Apple Whip	8	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Eggs, Toast LUNCH Green Salad w/Dressing, Roll Turkey, Mashed Potatoes, Gravy Green Beans, Jello Cubes w/Topping DINNER Barley Soup, Tuna Salad Place Fruity Carrot Salad, Bread Carrot Cake	9	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Cheesy Scrambled Egg Toast LUNCH Green Salad, Dressing, Roast Pork Gravy, Steamed Rice, Green Peas Bread, Spiced Apple Sauce DINNER Cream of Tomato Soup, Ravioli Green Beans, Garlic Bread Cookie	10
BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Corned Beef, Toast LUNCH Green Salad, Dressing Chicken w/Gravy, Mashed Potatoes Seasoned Spinach, Bread Sliced Spice Apples DINNER Cream of Tomato Soup Macaroni & Cheese, Cornbread Green Beans, Fresh Fruit	11	Columbus Day BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-o-Meal, Pancakes, Syrup LUNCH Cucumber & Tomato Salad Beef Stir Fry over Steamed Rice Japanese Vegetables, Bread Chocolate Pudding DINNER Vegetable Soup Egg Salad Sandwich Coleslaw Cran-Apple Crisp	12	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Hard Boiled Egg, Toast LUNCH Beet Salad, Roast Pork, Gravy Mashed Potatoes, Sliced Zucchini Bread, Frosted Cake DINNER Cream of Chicken Soup Pepperoni Pizza, Green Salad Chilled Pineapple Tidbits	13	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad, Dressing Sloppy Joe on Bun, Green Beans Macaroni Salad, Fresh Fruit Cup DINNER Lentil Soup Baked Fish, Mashed Potatoes Beets, Bread, Brownie	14	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad, Dressing Tuna Noodle Casserole Mixed Vegetables, Peaches DINNER Cream of Celery Soup Hamburger on Bun, Potato Salad Sliced Tomato, Lettuce Fresh Fruit	15	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad, Dressing Baked Chicken, Mashed Potatoes Spinach, Bread, Chocolate Cookies Peaches DINNER Vegetable Soup, Deli Meat Sandwich Lettuce, Tomato Potato Chips, Carrot Cake	16	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad, Dressing Carrot Salad, Ravioli, Mixed Vegetables, Garlic Bread, Ice Cream DINNER Tomato Soup, Turkey Tetrazzini Steamed Broccoli, Bead Sliced Peaches	17
BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-o-Meal, French Toast, Syrup LUNCH Green Salad w/Dressing Cheese Enchiladas, Beans Apple Crisp DINNER Bean Soup, Chicken Tetrazzini Steamed Carrots Cornbread, Fresh Fruit	18	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Hard Boiled Egg, Toast LUNCH Beet & Carrot Salad Roast Beef, Gravy, Mashed Potatoes Pineapple Tidbits DINNER Cream of Broccoli Soup Deli Meat Sandwich, Pasta Salad Lettuce, Tomato Peanut Butter Cookies	19	BREAKFAST Fruit Juice, Milk, Fruit Cup Cream of Rice, Pancakes, Syrup LUNCH Green Salad, Dressing Chicken Supreme, Egg Noodles Green Peas, Fresh Fruit DINNER Vegetable Soup Spaghetti & Meat Sauce Green Beans, Garlic Bread Fresh Fruit	20	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad, Dressing Salisbury Steak, Mashed Potatoes Sliced Carrots, Roll Frosted Chocolate Cake DINNER Split Pea Soup, Turkey Pot Pie Corn & Carrots Strawberry Yogurt	21	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad Tuna Noodle Casserole Mixed Vegetables, Peaches DINNER Cream of Celery Soup Hamburger on Bun, Potato Salad Sliced Tomato, Lettuce Fresh Fruit	22	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad, Dressing Baked Chicken, Mashed Potatoes Spinach, Bread, Chocolate Cookies Peaches DINNER Vegetable Soup, Deli Meat Sandwich Lettuce, Tomato Potato Chips, Carrot Cake	23	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Green Salad, Dressing Carrot Salad, Ravioli, Mixed Vegetables, Garlic Bread, Ice Cream DINNER Tomato Soup, Turkey Tetrazzini Steamed Broccoli, Bead Sliced Peaches	24
BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-o-Meal, French Toast, Syrup LUNCH Green Salad w/Dressing Oven Fried Fish Tartar Sauce, Corn & Pimentos Broccoli, Yellow Cake DINNER Chili Con Carne, Cornbread Grated Cheese, Chopped Onions Jello Cubes	25	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Hard Boiled Egg, Toast LUNCH Sliced Cucumbers w/Sour Cream Sweet & Sour Chicken, White Rice Seasoned Peas, Fruit Cup DINNER Cream of Broccoli Soup Deli Meat Sandwich, Pasta Salad Lettuce, Tomato Carrot Cake	26	BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-o-Meal, Coffee Cake Scrambled Egg LUNCH Green Salad, Dressing, Dinner Roll Chicken Teriyaki, Rice Japanese Vegetables, Sherbet DINNER Tomato Soup, Cornbread Macaroni & Cheese w/Bacon Green Beans, Watermelon	27	BREAKFAST Fruit Juice, Milk, Fruit Cup Malt-o-Meal, Coffee Cake Scrambled Egg LUNCH Green Salad, Dressing Baked Fish, Tater Tots, Sliced Zucchini Bread, Chocolate Cake DINNER Chicken Noodle Soup Tuna Salad Sandwich on Bun 3 Bean Salad, Yogurt	28	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Waffles, Toast LUNCH Coleslaw, Sliced Ham, Sweet Potato Casserole, Mixed Vegetables, Bread Peanut Butter Cookies DINNER Vegetable Soup, Meatballs in Gravy Over Noodles, Sliced Carrots, Bread Bread Pudding	29	BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH 3-Bean Salad, Chicken Pattie Gravy, Bowtie Noodles, Zucchini Roll, Spiced Pears DINNER Lentil Soup, Garlic Bread Spaghetti w/Meat Sauce Mixed Vegetables, Carrot Cake	30	Halloween BREAKFAST Fruit Juice, Milk, Fruit Cup Oatmeal, Scrambled Egg, Toast LUNCH Beef Stir Fry, Steamed Rice Green Beans, Bread Vanilla Pudding DINNER Beef Barley Soup Grilled Cheese Sandwich Green Peas Chilled Pineapple Tidbits	31