

Cavell Gardens Monthly Meal Plan

Sun, Jun 01	Mon, Jun 02	Tue, Jun 03	Wed, Jun 04	Thu, Jun 05	Fri, Jun 06	Sat, Jun 07
Navy Bean and Spinach Soup	Cream of Broccoli Soup	Creamy Tomato and Vegetable Soup	Summer Squash Soup	Miso Soup with Tofu	Mexican Bean Soup	Corn Chowder
Ham and Cheese Omelet	Roasted Beef Sandwich on Rye Bread	Shrimp Salad Roll	Greek Chicken Quinoa Salad	Korean Style Beef Stir Fry	Battered Fish with Taco Salad	Turkey Ham Cold Plate
Tater Tots, Tomato and Bean Stew, and Greens	Horseradish Mayo, Tomato, Lettuce, Potato Salad	Potato Chips and Coleslaw	Cucumber, Bell Pepper, Feta, Tomato, Olive, Tzatzik	Vegetable Chow Mein	Tortilla Chips, Corn, Beans, Cilantro, Feta Cheese,	Swiss Cheese, Beets, Tomato, Cucumber, Egg
	and Pickles		Sauce and Pita Bread	Strawberry Mousse with Chocolate Chips Caesar Salad	Red Onion, Lettuce, and Creamy Lime Dressing	Salad, and Potato Bun
Fresh Fruit Salad	Strawberry Banana Ice Cream	Coconut Tapioca Pudding with Mango Syrup	Grapes with Brie Cheese & Crackers	Lemon Olive Braised Chicken Thigh	Pineapple Jelly	Blueberry Yogurt Tomato Cucumber Orzo Salad
Beet and Ancient Grains and Feta Cheese	Coleslaw with Raisins	Cucumber and Dill Salad	Green Salad with Tomato, Parmesan and Balsamic Dressing	Slow Baked Salmon with Lemon Hollandaise	Green Salad with Julienne Vegetables and Sesame Dressing	BBQ Glazed Beef Meat Loaf with Brown Gravy
Roasted Lamb Leg with Mint Yogurt Sauce	BBQ Pork Rib	Chick Pea, Spinach and Paneer Curry	Veal Cutlet with Red Wine Sauce	Mashed Potatoes, Cauliflower and Baked Tomato	Sweet and Sour Pork	Roasted Pork Tenderloin with Apple Ginger Sauce
Honey Mustard Glazed Chicken Breast	Oven Fried Chicken with Gravy	Beef Curry	Cod Plicata with Lemon Garlic Caper Glaze	NY Cheesecake with Raspberry Sauce	Black Bean Chicken Stir Fry	Garlic Mashed Potatoes, Green Beans, and Carrots
Roasted Potatoes, Asparagus, and Carrots	Mashed Yam, Creamed Corn and Sauteed Spinach	Tomato Rice Pilaf and Broccolini	Buttered Rotini, Zucchini and Red Pepper	Thu, Jun 12	Steamed Rice, Broccoli and Mushroom	Coffee Ice Cream
Lemon Cream Cake	Tiramisu Mousse with Vanilla Wafers	Carrot Cake	Bavarian Cream Tart with Fresh Berries	Butternut Squash Coconut Soup	Cherry Filled Mini Donuts	
Sun, Jun 08	Mon, Jun 09	Tue, Jun 10	Wed, Jun 11	Grilled Chicken with Berry Salad	Fri, Jun 13	Sat, Jun 14
Mushroom and Barley Soup	Broccoli and Cheese Soup	Tortilla Soup	Turkey and Vegetable Soup		Hot and Sour Soup	Chicken Noodle Soup
Vanilla French Toast with Sauteed Apple Sauce	Ham and Cheese Panini	Pulled Pork Chili	Hawaiian Pizza		Teriyaki Pork	Grilled Pesto Cheese Sandwich
Bacon and Green Salad	Spinach, Mustard, Tomato, Cheddar, Pickles and	Spanish Rice, Sauteed Pepper, Onions, Baked	Romaine Salad with Ranch Dressing	Cucumber, Tomato, Goat Cheese, Greens and	Vegetable Yaki Udon	Tomato Cucumber Spinach Salad
Fresh Fruit Salad	Potato Chips	Beans, and Condiments	Two Bites Brownies	Whole Wheat Bun	Diced Peach with Yogurt	Strawberry Jello with Whipped Cream
Herbed Tomato Salad with Red Onion and	Vanilla Ice Cream with Dulce De Leche Sauce	Lemon Pudding with Toasted Coconut		Ambrosia Salad	Cucumber Dill Salad	
Parmesan	Tabouleh Salad	Iceberg Lettuce with Vegetable and Olive	Garden Salad With Vegetables	Caesar Salad	Chicken Alfredo Linguini	Broccoli Salad with Sunflower Seeds and Raisins
Roasted Turkey Breast with Stuffing and Turkey Gravy	Moroccan Lamb Stew	Beef Lasagna	Herb Crusted Salmon with Tangy Yogurt Sauce	Pork Loin with Orange Mustard Glaze	Roasted Mushroom Ravioli with Basil Tomato Sauce	Honey Baked Ham with Cranberry Balsamic Sauce
Roasted Beef with Red Wine Gravy and Yorkshire Pudding	Cod with Sundried Tomato Pesto	Creamy White Wine Chicken Stew with Gnocchi	BBQ Chicken Thigh	Japanese Style Beef Curry	Garlic Toast, Roasted Tomato and Pea	Roasted Chicken Breast with White Wine Jus
Garlic Mashed Potato, Asparagus and Carrots	Saffron Raisin Rice, Pearl Onion and Roasted Zucchini	Broccolini	Herbed Couscous, Corn on Cob and Sauteed Spinach	Rice Pilaf, Green Beans and Red Pepper	Tiramisu Cake	Mashed Potato, Broccoli and Cauliflower
Banana Pudding with Chocolate Sauce	German Chocolate Cake	Caramel Cheesecake Mousse	Lemon Bar with Blueberry	Apple Crumble with Vanilla Ice Cream	Fri, Jun 20	Strawberry Ice Cream
Sun, Jun 15	Mon, Jun 16	Tue, Jun 17	Wed, Jun 18	Thu, Jun 19	French Onion Soup	Sat, Jun 21
Cheesy Potato Soup with Sour Cream and Scallion	Lentil Soup	Vegetable and Noodle Soup	Miso Soup	Butternut Squash Soup	Antipasto Plate	Egg Drop Soup
BBQ Pork Rib Platter or Vegetable and Paneer	Turkey Club Sandwich	BBQ Chicken Wings	Crab Salad Bean Curd Pocket Sushi	Beef Sausage, Ricotta and Spinach Pizza	Salami, Marinated Vegetables, Olives, Bocconcini	Chicken Chow Mein
Skewer Macaroni and Cheese, Coleslaw, Beans, Corn,	Yam Fries and Smoked Paprika Aioli	Vegetable Crudité with Ranch	Japanese Egg Omelet and Sesame Coleslaw	Romaine Lettuce, Balsamic and Parmesan	and Focaccia Bread	Spring Roll and Plum Sauce
Pickled Vegetables and Potato Buns	Chocolate Ice Cream	Vanilla Pudding with Oranges	Raspberry Jello with Whipped Cream	Strawberry Yogurt	Cream Filled Donut	Strawberry Cheesecake Mousse with Crumble
Fresh Fruits			Mixed Greens with Grape Tomato, Cucumbers and	Iceberg Lettuce with Bacon, Tomato and Blue	Creamy Cucumber Salad	Caesar Salad
Greek Salad	Pickled Beet with Buttermilk Dressing & Walnut	Vegetable Quinoa Salad	Carrots	Cheese Dressing	Butter Chicken with Naan Bread	Classic Beef Bolognese with Spaghetti
Braised Lamb Roast with Natural Jus	Duck Sausage with Mustard Gravy	Baked Cod with Tomato Olive Sauce	Chinese Style BBQ Pork Rib with Scallion	Roasted Pork Tenderloin with Onion Thyme Gravy	Coconut Lime Snapper	Mushroom and Ricotta Lasagna
Roasted Shrimp Skewers White Wine Butter Sauce	Roasted Pork Loin with Peach BBQ Sauce	Beef Goulash with Sour Cream	Honey Garlic Tofu	Baked Chicken Breast with Lemon Herb Sauce	Tomato Rice, Broccoli and Cauliflower	Roasted Peppers and Zucchini
Garlic Mashed Potato, Peas and Mushroom	Wild Rice Pilaf, Broccolini and Cherry Tomato	Creamy Polenta, Garlic Spinach and Carrots	Steamed Rice and Glazed Bok Choy	Mashed Potato, Green Beans and Carrots	Red Velvet Cake	Mandarin Orange Cream Tart
Boston Cream Pie	Vanilla Swirl Cake	Peach Crumble with Vanilla Ice Cream	Pecan Streusel with Whipped Cream	Maple Walnut Ice Cream	Fri, Jun 27	Sat, Jun 28
Sun, Jun 22	Mon, Jun 23	Tue, Jun 24 Cabbage and Tomato Soup	Wed, Jun 25	Thu, Jun 26	Tortilla Bean Soup	Basil Minestrone Soup
Lemony Chicken Vegetable Soup Cheesy Scrambled Eggs and Bacon	Cream of Mushroom Soup	Cabbage and romato soup	Cream of Broccoli Soup	Hot and Sour Soup	Pork Quesadilla	Garlic Chicken Strips w/ Plum Sauce
Crispy Tater Tots and Sliced Tomatoes	Beef Burger with Lettuce, Tomato and Red Onion on		Creamy Mac N' Cheese with Buttered Shrimp	Beef Teriyaki	Mixed Greens, Sour Cream and Salsa	Game Chicken Strips w/ Fluin Sauce
Fresh Fruits	Soft Potato Bun Fries and Pickles	Red Onion Yam Fries	Spinach Cornbread Muffin	Vegetable Yaki Udon	Tiramisu Mousse with Wafers	Ceasar Salad, Lemon Wedge, Croutons & Parmesan
Summer Vegetable Salad w/ Feta	Black Raspberry Cheesecake Ripple Ice Cream	Chocolate Mousse with Blueberries	Lemon Jelly w/ Whipped Cream	Donut Hole w/ Icing	Mixed Greens w/ Vegetables	Cheese Butterscotch Pudding
Salisbury Steak with Pan Gravy Roasted Chicken Breast with Honey Mustard Sauce		Coleslaw w/ Raisin	Cucumber and Dill Salad	Head Lettuce with Julienne Vegetables	Ginger Beef	Waldorf Salad
Roasted Potatoes, Asparagus and Mushrooms	Salmon with Citrus Yogurt	Cheese and Spinach Cannelloni with Pomodoro		Cog Au Vin Blanc	Honey Garlic Chicken Thigh	Cod with White Wine Tomato Basil Sauce
	Braised Pork Shoulder with Japanese BBQ Sauce	Sauce	Chicken Cacciatore	Brown Sugar Glazed Pork Tenderloin with Dijon	Scallion Fried Rice, Glazed Bok Choy and Carrots	
Lemon Meringue Pie	Rice Pilaf, Broccoli and Beets	Cottage Pie with Brown Gravy	Creamy Tuscan Pork Sauce	Cream Sauce	Date Bar with Whipped Cream	Eggplant Parmesan with Garlic Toast
Sun, Jun 29 Creamy Sweet Potato Soup	Layered Chocolate Cake	Peas and Pearl Onion	Buttered Gnocchi, Roasted Zucchini and Peppers	Mashed Potato, Cauliflower and Roasted Tomato	Date Bar with Whipped Cream	Buttered Penne, Broccolini
		Butter Tart Bar	Black Forest Cake	Vanilla Cream Tart with Maraschino Cherry		Cherry Crumble with Vanilla Ice Cream
	Mon, Jun 30					
	Roasted Repper Soup			•		
Chive and Cheese Pancake with Hollandaise	Beef Chilli			_		
Sauce Breakfast Sausage, Sliced Tomatoes and Green	Cheese, Wild Rice Pilaf, Sour Cream and Cilantro					
Salad Fresh Fruit Salad	Mint Chocolate Ice Cream				- 0	
Cucumber with Sesame Dressing	Broccoli Slaw with Raisin		€	- un	1 .	
Beef Stew	Baked Salmon with Herb Yogurt and Vegetable					
Chicken Diane	Quinoa Salad					
	Creamy Pork and Potato Casserole					
Mashed Potato,Green Beans and Carrots	Asparagus and Blistered Tomato					
Strawberry Shortcake	Apple Crumble Squares					

