

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 | | | | | |

