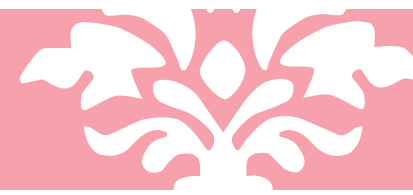


MELROSE GARDENS MENU



February 2018

SUNDAY

MONDAY

TUESDAY

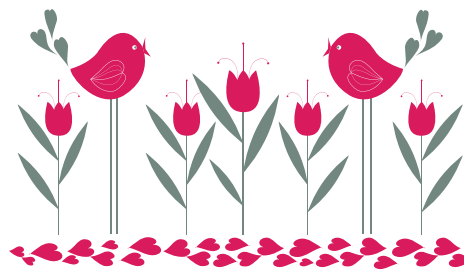
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MELROSE GARDENS PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.



FEBRUARY DAYS TO NOTE...

- | | |
|------------------------------------|-----------------------------------|
| 01 National Get Up Day | 20 National Cherry Pie Day |
| 02 National Groundhog Day | 21 National Sticky Bun Day |
| 03 National Day the Music Died Day | 22 National Chili Day |
| 06 National Lame Duck Day | 23 National Banana Bread Day |
| 07 National Periodic Table Day | 24 National Tortilla Chip Day |
| 09 National Bagel Day | 25 National Clam Chowder Day |
| 11 National Make a Friend Day | 26 National Strawberry Day |
| 13 Fat Tuesday | 26 National Tell a Fairy Tale Day |
| 16 National Caregivers Day | 28 National Floral Design Day |
| 20 National Love Your Pet Day | 28 Rare Disease Day USA |

4 **BREAKFAST**
Bagel, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Minestrone Soup
Grilled Chicken, Garden Salad
Fresh Bread, Cream Puffs
DINNER
Green Pea Soup
Roasted Chicken w/Mushrooms
Brown Rice, Vegetable Medley
Apple Pie

5 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Fish Stew, Grilled Salmon
Green Salad Fresh Bread
Chocolate Chip Cookies
DINNER
Hearty Vegetable & Beef Rice Soup
Salisbury Steak, Garlic Mashed Potatoes
Brussel Sprouts, Jell-O

6 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Broccoli Soup, Gourmet
Cheeseburger, Coleslaw, French Fries
Watermelon Sorbet
DINNER
Won Ton Soup, Orange Chicken,
Jasmine Rice, Steamed Broccoli Almond
Cookie & Sorbet

7 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Chicken Noodle Soup
Crispy Spinach Potato Fritters
Cottage Cheese, Apple Sauce
Chocolate Vanilla Marble Cake
DINNER
Clam Chowder Soup, Breaded Tilapia
Couscous, Mushroom, Zucchini &
Eggplant Medley, Ice Cream

8 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Garden Soup, Turkey & Brie Baguette
Old Fashioned Potato Salad
Fresh Brownies
DINNER
Minestrone Soup, Spaghetti with
Meatballs, Garlic Bread, Caesar Salad
Chocolate Mousse Cake

9 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Cauliflower Soup
Spinach & Cheese Manicotti
Garlic Bread, Green Salad
Ice Cream
DINNER
Egg Drop Soup, Chicken Chow Mein
Sautéed Japanese Vegetables
Oatmeal Cookies

10 **BREAKFAST**
Eggs Benedict, Hot & Cold Cereal
Fresh Fruit, Prunes
LUNCH
Cream of Carrot Soup
Chicken Cobb Salad, Fresh Bread
Yello Cake w/Fresh Berries
DINNER
Cabbage-Vegetable Soup
Hawaiian Pineapple Chicken
Jasmine Rice, Sautéed Zucchini
Cheesecake w/Fresh Berries

11 **BREAKFAST**
Bagel, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Mushroom Soup
California-Style Turkey Sandwich
Macaroni Salad, Ice Cream Sundae
DINNER
Vegetable Red Bean Soup
Roast Beef Garlic Mashed Potatoes
Sautéed Zucchini & Peppers
Fresh Chocolate Cookies

12 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Spinach Soup
Tuna Croquettes, Jasmine Rice
Steamed Vegetables Medley
Fresh Mixed Fruit
DINNER
Cream of Cauliflower Soup
Creamy Curry Chicken, Roasted Green
Beans, Stuffed Baked Potato
Baked Apples

13 *Mardi Gras*
BREAKFAST
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Beef Vegetable Soup, Crispy Pork
Carnitas, Spanish Rice
Crepes with Raspberry Sauce
DINNER
Cabbage Potato Soup, Baked Chicken
Breast, White Wine & Mushroom
Garlic Sauce, Sautéed Vegetable Medley
Chocolate Cake

14 *Valentine's Day*
BREAKFAST
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
VALENTINE'S DAY LUNCHEON
Butternut Squash with Pear
Chicken Kabobs with Mango Salsa
Heart-Shaped Chocolate Cake
DINNER
Cream of Tomato Soup
Breaded Tilapia, Garlic Roasted Potatoes
Fresh Sautéed Carrots, Lemon Squares

15 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Fresh Vegetable Soup
Chicken Salad Sandwich
Mixed Green Bean & Cherry Tomato
Salad, Banana Split
DINNER
Minestrone Soup, Spaghetti w/Meat Balls
Garlic Bread, Sautéed Zucchini
Vanilla Sponge Cake

16 *Chinese New Year*
BREAKFAST
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Butternut Squash Soup, Gourmet Grilled
Cheese, Fresh Orange Slices w/Honey &
Cinnamon, Tiramisu Cake
DINNER
Green Pea Soup, Beef Broccoli, Jasmine
Rice, Fresh Baked Sugar Cookies

17 **BREAKFAST**
Eggs Benedict, Hot & Cold Cereal
Fresh Fruit, Prunes
LUNCH
Lentil Soup, Fresh Chili
Cornbread, Classic Chopped Salad
Red Velvet Cake
DINNER
Corn Chowder
BBQ Chicken, Baked Sweet Potato
Vegetable Medley
Jell-O

18 **BREAKFAST**
Bagel, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Tomato & Cannellini, Bean Soup
Pastrami Sandwich, Green Salad
Fresh Bread, Fruit Medley
DINNER
Homemade Vegetable Soup
Spinach Ricotta Stuffed Chicken Breast
Garlic Mashed Potatoes, Fresh Vegetable
Medley, Carrot Cake

19 *President's Day*
BREAKFAST
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Carrot Soup, Old Fashioned Turkey Wrap
Potato Salad, Ice Cream
DINNER
Cream of Broccoli Soup, Grilled Cilantro
Lime Chicken, Garlic Roasted Potatoes
Sautéed Green Beans
Fresh Chocolate Cookies

20 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Vegetable & Shrimp Soup
Cherry Crepes w/Fresh Whipped Cream
Mixed Green Salad
Sweet Bread Pudding
DINNER
Lentil Soup, Old-Fashioned Beef Stew
Jasmine Rice
Yellow Cake w/Fresh Berries

21 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
French Onion Soup, Corn Beef Sandwich
Cabbage, Baked Potato Chips
Granola and Fruit Parfait
DINNER
Split Pea Soup, Blackened Fish Taco
Salad Homemade Tartar Sauce
Tapioca Pudding

22 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Egg Drop Soup, Grilled Salmon
Cucumber Quinoa Salad
Almond Cake
DINNER
Minestrone Soup, Spaghetti with
Meatballs, Garlic Bread, Caesar Salad
Chocolate Mousse Cake

23 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Vegetable Barley Soup, Smokey Grilled
Chicken, Pita Flatbread w/Cream Feta
Carrot Salad, Fresh 3 Milk Cake
DINNER
Cream of Spinach Soup, Baked
Hawaiian Chicken, Lemon Dill Rice
Sautéed Zucchini, Baked Cherry Pie

24 **BREAKFAST**
Eggs Benedict, Hot & Cold Cereal
Fresh Fruit, Prunes
LUNCH
Wonton Soup, Mediterranean Grilled
Shrimp, Brown Rice, Sautéed Brussel
Sprouts, Honey Cake
DINNER
Vegetable Noodle Soup
Roast Beef, Fresh Vegetable Medley
Garlic Mashed Potatoes
Mixed Fruit Salad

25 **BREAKFAST**
Bagel, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Lenti Soup, Hearty Vegetable Lasagna
French Bread, Fresh Garden Salad
Ice Cream
DINNER
Butternut Squash Soup, Oven-Roasted
Beef Brisket, Garlic Mashed Potatoes
Sautéed Green Beans
Dark Chocolate Cake

26 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Creamy Chicken & Rice Soup
Gourmet Grilled Cheese
Potato Salad, Mixed Fruit Medley
Peaches & Cream
DINNER
Homemade Vegetable Soup
Carrot Sweet Potato, Stuffed-Pepper
Tzimmes, Fresh Baked Apple Pie

27 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Chicken Pozole Soup, Beef Taquitos
Fresh Guacamole, Mixed Green Salad
Fresh Banana Bread
DINNER
Onion Soup, Herb and Garlic
Roasted Chicken, Stuffed Baked Potato
Sautéed Baby Carrots and Peas
Chocolate Chip Cookies

28 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Broccoli Soup
Grilled Tilapia w/Tarter Sauce
Vegetable and Couscous Salad
Fresh Banana Bread
DINNER
Vegetable Bean Soup, Roast Beef
Jasmine Rice, Pan Steamed Broccoli
Peanut Butter Cake

SOUPS
Sunday Cream of Broccoli
Monday Vegetable
Tuesday Split Pea
Wednesday Lentil
Thursday Cream of Tomato
Friday Clam Chowder
Saturday Beef Barley

BEVERAGES
Breakfast
Cranberry, Apple,
Orange Juices
Coffee - Hot Tea
Hot Chocolate
Milk - Water
Lunch & Dinner
Coffee - Hot Tea
Water - Ice Tea
Lemonade

Hamburger
Hotdog
Chicken Salad
Plain Omelet
Fruit & Cottage Cheese Platter
Assorted Sandwiches including
Tuna Salad, Turkey, Ham,
Peanut Butter & Jelly
Grilled Chicken Breast or Salmon

MENU ALTERNATIVES

DINING HOURS Breakfast: 8:00 to 9:30 a.m. / Lunch: 12:00 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m.

Menu subject to change.
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