

MELROSE GARDENS MENU



January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MELROSE GARDENS PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.</p>	<p>1 <i>New Year's Day</i></p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Fish Stew, Grilled Salmon, Green Salad Fresh Bread, Chocolate Chip Cookies</p> <p>DINNER Hearty Vegetable & Beef Rice Soup Salisbury Steak, Garlic Mashed Potatoes Brussel Sprouts, Jell-O</p>	<p>2</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Broccoli Soup, Gourmet Cheeseburger, Coleslaw, French Fries Watermelon Sorbet</p> <p>DINNER Won Ton Soup Orange Chicken, Jasmine Rice, Steamed Broccoli, Almond Cookie & Sorbet</p>	<p>3</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Chicken Noodle Soup Crispy Spinach Potato Fritters Cottage Cheese, Apple Sauce Chocolate Vanilla Marble Cake</p> <p>DINNER Clam Chowder Soup, Breaded Tilapia Couscous, Mushroom, Zucchini & Eggplant Medley, Ice Cream</p>	<p>4</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Garden Soup, Turkey & Brie Baguette Old Fashioned Potato Salad Fresh Brownies</p> <p>DINNER Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>5</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Cauliflower Soup Spinach & Cheese Manicotti Garlic Bread, Green Salad Ice Cream</p> <p>DINNER Egg Drop Soup, Chicken Chow Mein Sautéed Japanese Vegetables Oatmeal Cookies</p>	<p>6</p> <p>BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Cream of Carrot Soup Chicken Cobb Salad, Fresh Bread Yello Cake w/Fresh Berries</p> <p>DINNER Cabbage-Vegetable Soup Hawaiian Pineapple Chicken Jasmine Rice, Sautéed Zucchini Cheesecake w/Fresh Berries</p>
	<p>7</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Mushroom Soup California-Style Turkey Sandwich Macaroni Salad, Ice Cream Sundae</p> <p>DINNER Vegetable Red Bean Soup Roast Beef Garlic Mashed Potatoes Sautéed Zucchini & Peppers Fresh Chocolate Cookies</p>	<p>8</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Spinach Soup Tuna Croquettes, Jasmine Rice Steamed Vegetables Medley Fresh Mixed Fruit</p> <p>DINNER Cream of Cauliflower Soup Creamy Curry Chicken, Roasted Green Beans, Stuffed Baked Potato Baked Apples</p>	<p>9</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Beef Vegetable Soup, Crispy Pork Carnitas, Spanish Rice Crepes with Raspberry Sauce</p> <p>DINNER Cabbage Potato Soup, Baked Chicken Breast, White Wine & Mushroom Garlic Sauce, Sautéed Vegetable Medley Chocolate Cake</p>	<p>10</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Oriental Vegetable Soup Mongolian Beef w/Stir-Fried Vegetable Jasmine Rice, Almond Cookies & Sorbet</p> <p>DINNER Cream of Tomato Soup Breaded Tilapia, Garlic Roasted Potatoes Fresh Sautéed Carrots, Lemon Squares</p>	<p>11</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Fresh Vegetable Soup Chicken Salad Sandwich Mixed Green Bean & Cherry Tomato Salad, Banana Split</p> <p>DINNER Minestrone Soup, Spaghetti w/Meat Balls Garlic Bread, Sautéed Zucchini Vanilla Sponge Cake</p>	<p>12</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Butternut Squash Soup, Gourmet Grilled Cheese, Fresh Orange Slices w/Honey & Cinnamon, Tiramisu Cake</p> <p>DINNER Green Pea Soup Beef Broccoli, Jasmine Rice Fresh Baked Sugar Cookies</p>
<p>14</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato & Cannellini, Bean Soup Pastrami Sandwich, Green Salad Fresh Bread, Fruit Medley</p> <p>DINNER Homemade Vegetable Soup Spinach Ricotta Stuffed Chicken Breast Garlic Mashed Potatoes, Fresh Vegetable Medley, Carrot Cake</p>	<p>15 <i>Martin Luther King Jr. Day</i></p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Carrot Soup, Old Fashioned Turkey Wrap Potato Salad, Ice Cream</p> <p>DINNER Cream of Broccoli Soup, Grilled Cilantro Lime Chicken, Garlic Roasted Potatoes Sautéed Green Beans Fresh Chocolate Cookies</p>	<p>16</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Vegetable & Shrimp Soup Cherry Crepes w/Fresh Whipped Cream Mixed Green Salad Sweet Bread Pudding</p> <p>DINNER Lentil Soup, Old-Fashioned Beef Stew Jasmine Rice Yellow Cake w/Fresh Berries</p>	<p>17</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH French Onion Soup, Corn Beef Sandwich Cabbage, Baked Potato Chips Granola and Fruit Parfait</p> <p>DINNER Split Pea Soup, Blackened Fish Taco Salad Homemade Tartar Sauce Tapioca Pudding</p>	<p>18</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Egg Drop Soup, Grilled Salmon Cucumber Quinoa Salad Almond Cake</p> <p>DINNER Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>19</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Vegetable Barley Soup, Smokey Grilled Chicken, Pita Flatbread w/Cream Feta Carrot Salad, Fresh 3 Milk Cake</p> <p>DINNER Cream of Spinach Soup, Baked Hawaiian Chicken, Lemon Dill Rice Sautéed Zucchini, Baked Cherry Pie</p>	<p>20</p> <p>BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Wonton Soup, Mediterranean Grilled Shrimp, Brown Rice, Sautéed Brussel Sprouts, Honey Cake</p> <p>DINNER Vegetable Noodle Soup Roast Beef, Fresh Vegetable Medley Garlic Mashed Potatoes Mixed Fruit Salad</p>
<p>21</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Lenti Soup, Hearty Vegetable Lasagna French Bread, Fresh Garden Salad Ice Cream</p> <p>DINNER Butternut Squash Soup, Oven-Roasted Beef Brisket, Garlic Mashed Potatoes Sautéed Green Beans Dark Chocolate Cake</p>	<p>22</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Creamy Chicken & Rice Soup Gourmet Grilled Cheese Potato Salad, Mixed Fruit Medley Peaches & Cream</p> <p>DINNER Homemade Vegetable Soup Carrot Sweet Potato, Stuffed-Pepper Tzimmes, Fresh Baked Apple Pie</p>	<p>23</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Chicken Pozole Soup, Beef Taquitos Fresh Guacamole, Mixed Green Salad Fresh Banana Bread</p> <p>DINNER Onion Soup, Herb and Garlic Roasted Chicken, Stuffed Baked Potato Sautéed Baby Carrots and Peas Chocolate Chip Cookies</p>	<p>24</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Broccoli Soup Grilled Tilapia w/Tarter Sauce Vegetable and Couscous Salad Fresh Banana Bread</p> <p>DINNER Vegetable Bean Soup, Roast Beef Jasmine Rice, Pan Steamed Broccoli Peanut Butter Cake</p>	<p>25</p> <p>BREAKFAST French Toast, Eggs any Style Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Roasted Mushroom & Bread Soup Eggplant Croquette, Mixed Garden Salad Fresh Bread, Red Fruit Compote</p> <p>DINNER Minestrone Soup, Spaghetti w/Meat Balls Fresh Garlic Bread, Sautéed Zucchini Fruit Salad</p>	<p>26</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Creamy Potato Soup, Baked Mac & Cheese, Fresh Bread, Mixed Garden Salad, Fresh Fruit Medley</p> <p>DINNER Cream of Zucchini Soup BBQ Chicken Breast, Sweet Potato Mixed Vegetable Medley Fresh Peach Cobbler</p>	<p>27</p> <p>BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Matzah Ball Soup, Chollent Fresh Challah Bread, Mixed Garden Salad, Ice Cream Sundae</p> <p>DINNER Creamy Corn Chowder, Curry Chicken noodle Kugel, Sautéed Carrots w/Celery Pineapple Cake</p>
<p>28</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Italian Sausage Soup, Ricotta Ravioli Fresh Bread, Garden Salad Fruit Salad Medley</p> <p>DINNER Lentil Soup, Grilled BBQ Ribs Garlic Mashed Potatoes, Green Beans Chocolate Cake</p>	<p>29</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Broccoli Soup Baked Stuffed Potato, Fruit Medley Green Salad, Jell-O</p> <p>DINNER Homemade Vegetable, Stuffed Cabbage Jasmine Rice Fresh Baked Apple Pie</p>	<p>30</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cabbage Soup, Chicken Enchiladas Spanish Rice, Pinto Beans Ice Cream</p> <p>DINNER French Onion Soup, Roast Chicken Baked Potato, Baby Carrots and Green Peas, Chocolate Chip Cookies</p>	<p>31</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Cauliflower Soup, Vegetable Pizza, Garden Salad, Assorted Cookies</p> <p>DINNER Sweet Red Bean Soup BBQ Pulled Pork, Roasted Potatoes Fresh Vegetable Medley Banana Bread Cake</p>	<p>SOUPS</p> <p>Sunday Cream of Broccoli Monday Vegetable Tuesday Split Pea Wednesday Lentil Thursday Cream of Tomato Friday Clam Chowder Saturday Beef Barley</p>	<p>BEVERAGES</p> <p>Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water</p> <p>Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade</p>	<p>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</p>

MENU ALTERNATIVES