

MELROSE GARDENS MENU



June 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

MENU ALTERNATIVES

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



THE MONTH OF JUNE IS..

African-American Music Appreciation Month	National Candy Month
Aquarium Month	National Camping Month
Candy Month	National Country Cooking Month
Dairy Month	National Dairy Month
Fight the Filthy Fly Month	National Great Outdoors Month
Gay Pride Month	National Iced Tea Month
Men's Health Month	National Papaya Month
National Accordion Awareness Month	Rose Month
National Adopt a Cat Month	National Safety Month
	Turkey Lovers Month

WE PREPARE OUR MENU WITH NO ADDED SALTS OR SUGARS.

3 **BREAKFAST**
 Bagel, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Tomato Bean Soup, Fettuccine Alfredo
 Garden Salad, Fresh Fruit, Italian Cannoli
DINNER
 Homemade Vegetable Soup
 Roasted Turkey, Garlic Mashed Potatoes
 Mixed Vegetable Medley
 Fresh Baked Rolls, Carrot Cake

4 **BREAKFAST**
 Pancakes, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Creamed Carrot Soup
 Gourmet Tuna Melt Sandwich
 Garden Salad, Potato Chips
 Ice Cream with Berries
DINNER
 Cream of Broccoli, Chicken Marinara
 Roasted Potatoes, Green Beans
 Fresh Baked Bread
 Chocolate Chip Cookies

5 **BREAKFAST**
 French Toast, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Lentil Soup, Beef Empanadas
 Mixed Beet Salad, Churros
DINNER
 Cream of Mushroom Soup
 Salisbury Steak, Brown Rice
 Mixed Veggies, Fresh Bread
 Pineapple Cake

6 **BREAKFAST**
 Pancakes, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Gourmet Cheddar, Ham & Cheese
 Sandwich, Carrot Salad, Potato Chips
 Fresh Fruit Medley
DINNER
 Split Pea Soup, Chicken Marsala
 Penne Pasta Salad, Yellow Squash
 Garlic Bread, Sweet Bread Pudding

7 **BREAKFAST**
 French Toast, Eggs any Style
 Cereal, Fresh Fruit, Prunes
LUNCH
 Cream of Potato Soup, Chef Salad
 Fresh Rolls, Fruit Medley
 Sugar Cake Cookies
DINNER
 Minestrone Soup, Spaghetti w/Meat Balls
 Garlic Bread, Caesar Salad
 Chocolate Mouse Cake

8 **BREAKFAST**
 Pancakes, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Navy Bean Soup, Vegetable Lasagna
 Fresh Bread, Green Salad
 Ice Cream
DINNER
 Cream of Spinach Soup
 Baked Salmon, Lemon Dill Rice
 Zucchini, Fresh Rolls, Apple Pie

9 **BREAKFAST**
 Eggs Benedict, Hot & Cold Cereal
 Fresh Fruit, Prunes
LUNCH
 French Onion Soup, Italian Salami
 Sandwiches, Homemade Coleslaw
 Baked Potato Chips, Jell-O
DINNER
 Chicken Soup, Roasted Chicken
 Mixed Vegetables, Rainbow Pasta
 Fresh Bread, New York Style Cheesecake

10 **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

11 **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 and Beef Rice Soup
 Salisbury Steak, Garlic Mashed Potatoes
 Brussel Sprouts, Jell-O

12 **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

13 **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

14 *Flag Day*
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

15 **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

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

17 *Father's Day*
BREAKFAST
 Bagel, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
FATHER'S DAY LUNCHEON
 Butter Squash Soup, Steak
 Baked Cheddar Potatoes
 Vegetables, Cheese Tart
DINNER
 Vegetable Red Bean Soup
 Roast Beef Garlic Mashed Potatoes
 Sautéed Zucchini & Peppers
 Fresh Chocolate Cookies

18 **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

19 **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

20 **BREAKFAST**
 Pancakes, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Oriental Vegetable Soup
 Mongolian Beef w/Stir-Fried Vegetable
 Jasmine Rice, Almond Cookies & Sorbet
DINNER
 Cream of Tomato Soup
 Breaded Tilapia, Garlic Roasted Potatoes
 Fresh Sautéed Carrots, Lemon Squares

21 **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

22 **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

23 **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

24 **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

25 **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

26 **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

27 **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

28 **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

29 **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

30 **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