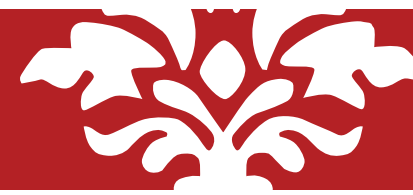


MELROSE GARDENS MENU



July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p><u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Lentil Soup, Hearty Vegetable Lasagna French Bread, Fresh Garden Salad Ice Cream</p> <p><u>DINNER</u> Butternut Squash Soup, Oven-Roasted Beef Brisket, Garlic Mashed Potatoes Sautéed Green Beans Dark Chocolate Cake</p>	<p>2</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Creamy Chicken & Rice Soup Gourmet Grilled Cheese Potato Salad, Mixed Fruit Medley Peaches & Cream</p> <p><u>DINNER</u> Homemade Vegetable Soup Carrot Sweet Potato, Stuffed-Pepper Tzimmes, Fresh Baked Apple Pie</p>	<p>3</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Chicken Pozole Soup, Beef Taquitos Fresh Guacamole, Mixed Green Salad Fresh Banana Bread</p> <p><u>DINNER</u> Onion Soup, Herb and Garlic Roasted Chicken, Stuffed Baked Potato Sautéed Baby Carrots and Peas Chocolate Chip Cookies</p>	<p>4</p> <p><i>Independence Day</i></p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Broccoli Soup Grilled Tilapia w/Tarter Sauce Vegetable and Couscous Salad Fresh Banana Bread</p> <p><u>DINNER</u> Vegetable Bean Soup, Roast Beef Jasmine Rice, Pan Steamed Broccoli Peanut Butter Cake</p>	<p>5</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Roasted Mushroom & Bread Soup Eggplant Croquette, Mixed Garden Salad Fresh Bread, Red Fruit Compote</p> <p><u>DINNER</u> Minestrone Soup, Spaghetti w/Meat Balls Fresh Garlic Bread, Sautéed Zucchini Fruit Salad</p>	<p>6</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Creamy Potato Soup, Baked Mac & Cheese, Fresh Bread, Mixed Garden Salad, Fresh Fruit Medley</p> <p><u>DINNER</u> Cream of Zucchini Soup BBQ Chicken Breast, Sweet Potato Mixed Vegetable Medley Fresh Peach Cobbler</p>	<p>7</p> <p><u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Matzah Ball Soup, Chollent Fresh Challah Bread, Mixed Garden Salad, Ice Cream Sundae</p> <p><u>DINNER</u> Creamy Corn Chowder, Curry Chicken noodle Kugel, Sautéed Carrots w/Celery Pineapple Cake</p>	
<p>8</p> <p><u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Italian Sausage Soup, Ricotta Ravioli Fresh Bread, Garden Salad Fruit Salad Medley</p> <p><u>DINNER</u> Lentil Soup, Grilled BBQ Ribs Garlic Mashed Potatoes, Green Beans Chocolate Cake</p>	<p>9</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Broccoli Soup Baked Stuffed Potato, Fruit Medley Green Salad, Jell-O</p> <p><u>DINNER</u> Homemade Vegetable, Stuffed Cabbage Jasmine Rice Fresh Baked Apple Pie</p>	<p>10</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cabbage Soup, Chicken Enchiladas Spanish Rice, Pinto Beans Ice Cream</p> <p><u>DINNER</u> French Onion Soup, Roast Chicken Baked Potato, Baby Carrots and Green Peas, Chocolate Chip Cookies</p>	<p>11</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Cauliflower Soup, Vegetable Pizza, Garden Salad, Assorted Cookies</p> <p><u>DINNER</u> Sweet Red Bean Soup BBQ Pulled Pork, Roasted Potatoes Fresh Vegetable Medley Banana Bread Cake</p>	<p>12</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Roasted Mushroom & Bread Soup Eggplant Croquette, Mixed Garden Salad, Fresh Bread, Red Fruit Compote</p> <p><u>DINNER</u> Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Sauteed Zucchini, Fruit Salad</p>	<p>13</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Borsch Soup, Potato Pancakes Apple Sauce, Sour Cream Cottage Cheese, Sweet Cream Puffs</p> <p><u>DINNER</u> Cream of Potato Soup, Beef Fajitas Flour Tortillas, Pinto Beans Spanish Rice, Churros</p>	<p>14</p> <p><u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Zucchini Soup Egg & Tuna Pasta Salad, Fresh Bread Garden Salad, Ice Cream Sundae</p> <p><u>DINNER</u> Cheddar Corn Chowder Grilled Chicken, Steamed Rice Fresh Carrots, Pineapple Cake</p>	
<p>15</p> <p><u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Tomato Bean Soup, Fettuccine Alfredo Garden Salad, Fresh Fruit, Italian Cannoli</p> <p><u>DINNER</u> Homemade Vegetable Soup Roasted Turkey, Garlic Mashed Potatoes Mixed Vegetable Medley Fresh Baked Rolls, Carrot Cake</p>	<p>16</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Creamed Carrot Soup Gourmet Tuna Melt Sandwich Garden Salad, Potato Chips Ice Cream with Berries</p> <p><u>DINNER</u> Cream of Broccoli, Chicken Marinara Roasted Potatoes, Green Beans Fresh Baked Bread Chocolate Chip Cookies</p>	<p>17</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Lentil Soup, Beef Empanadas Mixed Beet Salad, Churros</p> <p><u>DINNER</u> Cream of Mushroom Soup Salisbury Steak, Brown Rice Mixed Veggies, Fresh Bread Pineapple Cake</p>	<p>18</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Gourmet Cheddar, Ham & Cheese Sandwich, Carrot Salad, Potato Chips Fresh Fruit Medley</p> <p><u>DINNER</u> Split Pea Soup, Chicken Marsala Penne Pasta Salad, Yellow Squash Garlic Bread, Sweet Bread Pudding</p>	<p>19</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Potato Soup, Chef Salad Fresh Rolls, Fruit Medley Sugar Cake Cookies</p> <p><u>DINNER</u> Minestrone Soup, Spaghetti w/Meat Balls Garlic Bread, Caesar Salad Chocolate Mouse Cake</p>	<p>20</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Navy Bean Soup, Vegetable Lasagna Fresh Bread, Green Salad Ice Cream</p> <p><u>DINNER</u> Cream of Spinach Soup Baked Salmon, Lemon Dill Rice Zucchini, Fresh Rolls, Apple Pie</p>	<p>21</p> <p><u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p><u>LUNCH</u> French Onion Soup, Italian Salami Sandwiches, Homemade Coleslaw Baked Potato Chips, Jell-O</p> <p><u>DINNER</u> Chicken Soup, Roasted Chicken Mixed Vegetables, Rainbow Pasta Fresh Bread, New York Style Cheesecake</p>	
<p>22</p> <p><u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Minestrone Soup, Grilled Chicken Garden Salad, Fresh Bread Cream Puffs</p> <p><u>DINNER</u> Green Pea Soup Roasted Chicken w/Mushrooms Brown Rice, Vegetable Medley Apple Pie</p>	<p>23</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Fish Stew, Grilled Salmon Green Salad Fresh Bread Chocolate Chip Cookies</p> <p><u>DINNER</u> Hearty Vegetable and Beef Rice Soup Salisbury Steak, Garlic Mashed Potatoes Brussel Sprouts, Jell-O</p>	<p>24</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Broccoli Soup, Gourmet Cheeseburger, Coleslaw, French Fries Watermelon Sorbet</p> <p><u>DINNER</u> Won Ton Soup Orange Chicken, Jasmine Rice, Steamed Broccoli, Almond Cookie & Sorbet</p>	<p>25</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Chicken Noodle Soup Crispy Spinach Potato Fritters Cottage Cheese, Apple Sauce Chocolate Vanilla Marble Cake</p> <p><u>DINNER</u> Clam Chowder Soup, Breaded Tilapia Couscous, Mushroom, Zucchini & Eggplant Medley, Ice Cream</p>	<p>26</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Garden Soup, Turkey & Brie Baguette Old Fashioned Potato Salad Fresh Brownies</p> <p><u>DINNER</u> Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>27</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Cauliflower Soup Spinach & Cheese Manicotti Garlic Bread, Green Salad Ice Cream</p> <p><u>DINNER</u> Egg Drop Soup, Chicken Chow Mein Sautéed Japanese Vegetables Oatmeal Cookies</p>	<p>28</p> <p><u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Carrot Soup Chicken Cobb Salad, Fresh Bread Yellow Cake w/Fresh Berries</p> <p><u>DINNER</u> Cabbage-Vegetable Soup Hawaiian Pineapple Chicken Jasmine Rice, Sautéed Zucchini Cheesecake w/Fresh Berries</p>	
<p>29</p> <p><u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Mushroom Soup California-Style Turkey Sandwich Macaroni Salad Ice Cream Sundae</p> <p><u>DINNER</u> Vegetable Red Bean Soup Roast Beef Garlic Mashed Potatoes Sautéed Zucchini & Peppers Fresh Chocolate Cookies</p>	<p>30</p> <p><u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Cream of Spinach Soup Tuna Croquettes, Jasmine Rice Steamed Vegetables Medley Fresh Mixed Fruit</p> <p><u>DINNER</u> Cream of Cauliflower Soup Creamy Curry Chicken, Roasted Green Beans, Stuffed Baked Potato Baked Apples</p>	<p>31</p> <p><u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p><u>LUNCH</u> Beef Vegetable Soup, Crispy Pork Carnitas, Spanish Rice Crepes with Raspberry Sauce</p> <p><u>DINNER</u> Cabbage Potato Soup, Baked Chicken Breast, White Wine & Mushroom Garlic Sauce, Sautéed Vegetable Medley Chocolate Cake</p>	<p>THE MONTH OF JULY IS..</p> <p>Air-Conditioning Appreciation Days Doghouse Repairs Month Eye Injury Prevention Month Family Reunion Month International Pickle Month Minority Mental Health Month National Anti-Boredom Month National Baked Bean Month National Culinary Arts Month National Grilling Month</p> <p>National Hot Dog Month National Ice Cream Month National July Belongs to Blueberries Month National Picnic Month National Recreation & Parks Month Sandwich Generation Month Sarcoma Awareness Month Unlucky Month for Weddings UV Safety Month</p>			<p>BEVERAGES</p> <p>Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea</p> <p>Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade</p>	<p>MENU ALTERNATIVES</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>

WE PREPARE OUR MENU WITH NO ADDED SALTS OR SUGARS.