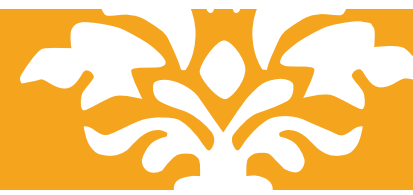


MELROSE GARDENS MENU



September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MELROSE GARDENS PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.</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>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>	<p>1 BREAKFAST Pancakes, Eggs any Style 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>2 BREAKFAST Eggs Benedict, Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Cream of Carrot Soup Chicken Cobb Salad, Fresh Bread Yellow Cake with Fresh Berries</p> <p>DINNER Cabbage - Vegetable Soup Hawaiian-Pineapple Chicken Jasmine Rice, Sautéed Zucchini Cheesecake with Fresh Berries</p>
<p>3 BREAKFAST Bagel, Eggs any style 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>4 <i>Labor Day</i> BREAKFAST Pancakes, Eggs any Style Cold Cereal, Fresh Fruit, Prunes</p> <p>LABOR DAY BBQ</p> <p>DINNER Cream of Cauliflower Soup Creamy Curry Chicken, Roasted Green Beans, Stuffed Baked Potato Baked Apples</p>	<p>5 BREAKFAST French Toast, Eggs any Style 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>6 BREAKFAST Pancakes, Eggs any Style Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Oriental Vegetable Soup Mongolian Beef with 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>7 BREAKFAST French Toast, Eggs any Style 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 with Meat Balls, Garlic Bread, Sautéed Zucchini Vanilla Sponge Cake</p>	<p>8 BREAKFAST Pancakes, Eggs any Style Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Butter-nut Squash Soup Gourmet Grilled Cheese Fresh Orange Slices with Honey & Cinnamon, Tiramisu Cake</p> <p>DINNER Green Pea Soup, Beef Broccoli Jasmine Rice, Fresh Baked Sugar Cookies</p>	<p>9 BREAKFAST Eggs Benedict, Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Lentil Soup, Fresh Chili Cornbread, Classic Chopped Salad Red Velvet Cake</p> <p>DINNER Corn Chowder, BBQ Chicken Baked Sweet Potato, Vegetable Medley Jell-O</p>
<p>10 <i>Grandparents Day</i> BREAKFAST Bagel, Eggs any Style Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato & Cannellini Bean Soup Pastrami Sandwich, Garden Salad Fresh Bread Fruit Medley</p> <p>DINNER Homemade Vegetable Soup Spinach Ricotta Stuff Chicken Breast Garlic Mashed Potatoes Fresh Vegetable Medley, Carrot Cake</p>	<p>11 <i>Patriot Day</i> BREAKFAST Pancakes, Eggs any Style 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 Chip Cookies</p>	<p>12 BREAKFAST Pancakes, Eggs any Style Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Vegetable & Shrimp Soup Cherry Crepes with Fresh Whipped Cream, Mixed Green Salad Sweet Bread Pudding</p> <p>DINNER Lentil Soup, Old-Fashioned Beef Stew Jasmine Rice Yellow Cake with Fresh Berries</p>	<p>13 BREAKFAST French Toast, Eggs any Style 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 Tatar Sauce Tapioca Pudding</p>	<p>14 BREAKFAST Pancakes, Eggs any Style 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>15 BREAKFAST French Toast, Eggs any Style Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Vegetable Barley Soup Smoky Grilled Chicken Pita Flatbread with Creamy 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>16 BREAKFAST Pancakes, Eggs any Style 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 Mash Potatoes, Mixed Fruit Salad</p>
<p>17 BREAKFAST Bagel, Eggs any Style Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Lentil 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>18 BREAKFAST Pancakes, Eggs any Style 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>19 BREAKFAST French Toast, Eggs any Style Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Chicken Pozole Soup Beef Taquitos, Fresh Guacamole Mixed Green Salad, Flan</p> <p>DINNER Onion Soup, Herb and Garlic Roasted Chicken, Stuffed Baked Potato Sautéed Baby Carrots & Peas Chocolate Chip Cookies</p>	<p>20 <i>Rosh Hashanah (begins at sunset)</i> BREAKFAST Pancakes, Eggs any Style Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Broccoli Soup Grilled Tilapia with 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>21 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 Meatballs Sautéed Zucchini, Fresh Garlic Bread Fruit Salad</p>	<p>22 BREAKFAST Pancakes, Eggs any Style 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>23 BREAKFAST Eggs Benedict, Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Chollent, Fresh Challah Bread Mixed Garden Salad Ice Cream Sundae</p> <p>DINNER Creamy Corn Chowder, Curry Chicken Noodle Kugel, Sautéed Carrots with Celery, Pineapple Cake</p>
<p>24 BREAKFAST Bagel, Eggs any Style Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Minestrone Soup, Grilled Chicken Garden Salad, Fresh Bread, Cream Puffs</p> <p>DINNER Green Pea Soup Roasted Chicken with Mushrooms Brown Rice, Vegetable Medley Apple Pie</p>	<p>25 BREAKFAST Pancakes, Eggs any Style 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>26 BREAKFAST French Toast, Eggs any Style 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</p>	<p>27 BREAKFAST Pancakes, Eggs any Style 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>28 BREAKFAST French Toast, Eggs any Style 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 Caesar Salad, Garlic Bread Chocolate Mousse Cake</p>	<p>29 <i>Yom Kippur (begins at sunset)</i> BREAKFAST Pancakes, Eggs any Style 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>30 BREAKFAST Eggs Benedict, Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Cream of Carrot Soup Chicken Cobb Salad, Fresh Bread Yellow Cake with Fresh Berries</p> <p>DINNER Cabbage - Vegetable Soup Hawaiian-Pineapple Chicken Jasmine Rice, Sautéed Zucchini Cheesecake with Fresh Berries</p>

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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