

MELROSE GARDENS MENU



August 2019

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



THE MONTH OF AUGUST IS...

America Adventures Month
Black Business Month
Children's Vision & Learning Month
Family Meals Month
Get Ready for Kindergarten Month
Goat Cheese
Happiness Happens Month
Harvest Month
Immunization Awareness Month

National Catfish Month
Neurosurgery Outreach Month
Panini Month
Peach Month
Psoriasis Awareness Month
Sandwich Month
Water Quality Month
What Will be Your Legacy Month
Win With Civility Month

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

1 **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

2 **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

3 **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

4 **BREAKFAST**
Bagel, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Lentil 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

5 **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

6 **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

7 **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

8 **BREAKFAST**
French Toast, Eggs any Style
Cereal, Fresh Fruit, Prunes
LUNCH
Roasted Mushroom & Bread Soup
Eggplant Croquette, Mixed Garden Salad
Fresh Bread, Red Fruit Compote
DINNER
Minestrone Soup, Spaghetti w/Meat Balls
Fresh Garlic Bread, Sautéed Zucchini
Fruit Salad

9 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Creamy Potato Soup, Baked Mac &
Cheese, Fresh Bread, Mixed Garden
Salad, Fresh Fruit Medley
DINNER
Cream of Zucchini Soup
BBQ Chicken Breast, Sweet Potato
Mixed Vegetable Medley
Fresh Peach Cobbler

10 **BREAKFAST**
Eggs Benedict, Hot & Cold Cereal
Fresh Fruit, Prunes
LUNCH
Matzah Ball Soup, Chollent
Fresh Challah Bread, Mixed Garden
Salad, Ice Cream Sundae
DINNER
Creamy Corn Chowder, Curry Chicken
noodle Kugel, Sautéed Carrots w/Celery
Pineapple Cake

11 **BREAKFAST**
Bagel, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Italian Sausage Soup, Ricotta Ravioli
Fresh Bread, Garden Salad
Fruit Salad Medley
DINNER
Lentil Soup, Grilled BBQ Ribs
Garlic Mashed Potatoes, Green Beans
Chocolate Cake

12 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Broccoli Soup
Baked Stuffed Potato, Fruit Medley
Green Salad, Jell-O
DINNER
Homemade Vegetable Soup
Stuffed Cabbage Jasmine Rice
Fresh Baked Apple Pie

13 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cabbage Soup, Chicken Enchiladas
Spanish Rice, Pinto Beans
Ice Cream
DINNER
French Onion Soup, Roast Chicken
Baked Potato, Baby Carrots and Green
Peas, Chocolate Chip Cookies

14 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Cauliflower Soup, Vegetable
Pizza, Garden Salad, Assorted Cookies
DINNER
Sweet Red Bean Soup
BBQ Pulled Pork, Roasted Potatoes
Fresh Vegetable Medley
Banana Bread Cake

15 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Roasted Mushroom & Bread Soup
Eggplant Croquette, Mixed Garden
Salad, Fresh Bread, Red Fruit Compote
DINNER
Minestrone Soup, Spaghetti with
Meatballs, Garlic Bread, Sautéed
Zucchini, Fruit Salad

16 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Borsch Soup, Potato Pancakes
Apple Sauce, Sour Cream
Cottage Cheese, Sweet Cream Puffs
DINNER
Cream of Potato Soup, Beef Fajitas
Flour Tortillas, Pinto Beans
Spanish Rice, Churros

17 **BREAKFAST**
Eggs Benedict, Hot & Cold Cereal
Fresh Fruit, Prunes
LUNCH
Cream of Zucchini Soup
Egg & Tuna Pasta Salad, Fresh Bread
Garden Salad, Ice Cream Sundae
DINNER
Cheddar Corn Chowder
Grilled Chicken, Steamed Rice
Fresh Carrots, Pineapple Cake

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

19 **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 w/Berries
DINNER
Cream of Broccoli Soup, Chicken
Marinara, Roasted Potatoes, Green
Beans, Fresh Baked Bread
Chocolate Chip Cookies

20 **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

21 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Barley Soup, 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

22 **BREAKFAST**
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Potato Soup, Chef's Salad
Fresh Salad, Fresh Rolls, Fruit Medley
Sugar Cake Cookies
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
Navy Bean Soup, Vegetables Lasagna
Fresh Bread, Green Salad
Ice Cream
DINNER
Cream of Spinach Soup
Baked Salmon, Lemon Dill Rice
Zucchini, Fresh Rolls, Apple Pie

24 **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

25 **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

26 **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

27 **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

28 **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

29 **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

30 **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

31 **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

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.

WE PREPARE OUR MENU WITH NO ADDED SALTS OR SUGARS.

Menu subject to change.

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