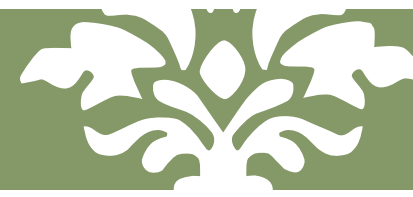


# MELROSE GARDENS MENU



# January 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**THE MONTH OF JANUARY IS..**

Cervical Health Awareness Month  
It's Okay to be Different Month  
National Bath Safety Month  
National Blood Donor Month  
National Book Month  
National Braille Literacy Month  
National Creativity Month  
National Get Organized Month

National Hobby Month  
National Mentoring Month  
Hot Tea Month  
National Oatmeal Month  
National Soup Month  
High-Tech Month  
Reaching Your Potential Month  
Thyroid Awareness Month

**1** *New Year's Day*  
**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

**2** **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

**3** **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

**4** **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

**5** **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

**6** **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

**7** **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

**8** **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

**9** **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

**10** **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

**11** **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

**12** **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

**13** **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

**14** **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, Stuffed  
Cabbage Jasmine Rice  
Fresh Baked Apple Pie

**15** **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

**16** **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

**17** **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

**18** **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

**19** **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

**20** **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

**21** *Martin Luther King Jr.  
Birthday (observed)*  
**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

**22** **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

**23** **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

**24** **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

**25** **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

**26** **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

**27** **BREAKFAST**  
Bagel, Eggs any Style  
Hot & Cold Cereal, Fresh Fruit, Prunes  
**LUNCH**  
Cream of Mushroom Soup  
California-Style Turkey Sandwich  
Macaroni Salad  
Ice Cream Sundae  
**DINNER**  
Vegetable Red Bean Soup  
Roast Beef Garlic Mashed Potatoes  
Sautéed Zucchini & Peppers  
Fresh Chocolate Cookies

**28** **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

**29** **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

**30** **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

**31** **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 w/Meat Balls  
Garlic Bread, Sautéed Zucchini  
Vanilla Sponge Cake

**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

**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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