

MELROSE GARDENS MENU



January 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<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>THE MONTH OF JANUARY IS...</p> <p>Apple and Apricot Month Be Kind to Food Servers Month Celebration of Life Month Get a Balanced Life Month International Brain Teaser Month International Creativity Month It's Okay to be Different Month National Blood Donor Month National Book Month</p> <p>National Fiber Focus Month National Get Organized Month National Hobby Month National Hot Tea Month National Mentoring Month National Oatmeal Month National Soup Month National Thank You Month Reaching Your Potential Month</p>		<p>1 <i>New Year's Day</i></p> <p>BREAKFAST Pancakes, Eggs any Style Hash Browns, Toast Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>NEW YEAR'S BRUNCH</p> <p>DINNER Tomato Basil Soup Sausage & Peppers on a Roll Fries, Fruit Cup</p>	<p>2</p> <p>BREAKFAST French Toast, Eggs any Style Turkey Sausage Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Vegetable Rice Soup Chicken Fried Rice, Egg Rolls Green Salad, Butterscotch Pudding Parfait</p> <p>DINNER Minestrone Soup, Dinner Salad Spaghetti & Turkey Meatballs, Fresh Bread Peanut Butter Cake w/Glaze</p>	<p>3</p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Chicken Noodle Soup Turkey Pot Pie, Sliced Vegetables Salad Chocolate Chip Cake</p> <p>DINNER Vegetable Soup, Fish & Chips Green Beans & Potatoes Sliced Tomato & Cucumber Salad Oatmeal Sandwich Cookies</p>	<p>4</p> <p>BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Country Vegetable Soup Turkey & Swiss Sandwich, Chips Jello w/Berries/Cream</p> <p>DINNER Creamy Broccoli Potato Soup Grilled Beef Steak, Sliced Tomatoes Steamed Rice, Fresh Carrots Pineapple Cake</p>
<p>5</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato Basil Soup, Green Salad Fettuccine Alfredo, Fresh Fruit Cannoli Pudding Parfait</p> <p>DINNER Homemade Vegetable Soup Roasted Turkey, Gravy Garlic Mashed Potatoes Mixed Vegetable Medley Fresh Baked Rolls, Carrot Cake</p>	<p>6</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Root Vegetable Soup Chicken Salad Melt, Chips Fresh Fruit Slices</p> <p>DINNER Lentil Tortilla Soup Beefy Pasta Macaroni, Green Salad Banana Pudding</p>	<p>7</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Fish Soup, Vegetable Fritters w/Avocado Cream, Green Salad, Cranberry Crisp</p> <p>DINNER Cream of Mushroom Soup Salisbury Steak, Brown Rice Mixed Vegetables, Fresh Bread Pineapple Cake</p>	<p>8</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Barley Soup, Gourmet Cheddar Ham & Cheese Sandwich Carrot Salad, Jello w/Whipped Cream</p> <p>DINNER White Bean and Carrot Soup Chicken Marsala, Yellow Squash Garlic Bread, Sweet Bread Pudding</p>	<p>9</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Potato Soup, Chef's Salad Fresh Rolls, Fruit Medley Sugar Cake Cookies</p> <p>DINNER Minestrone Soup Spaghetti with Meatballs Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>10</p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Navy Bean Soup, Vegetable Lasagna Fresh Bread, Green Salad Ice Cream</p> <p>DINNER Turmeric Chicken Soup, Green Salad Baked Salmon, Lemon Dill Rice Zucchini, Fresh Rolls, Apple Pie</p>	<p>11</p> <p>BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH White Bean Soup, Fried Chicken Cutlets Mashed Potatoes, Peas & Carrots Peach Cobbler</p> <p>DINNER Chicken & Rice Soup, Turkey Chili Corn Bread, Cole Slaw Brownie Bits w/Ice Cream</p>
<p>12</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH 3-Bean Soup, Breaded Pork Chops Garden Salad, Fresh Bread Cream Puffs</p> <p>DINNER Green Pea Soup Roasted Chicken w/Mushrooms Brown Rice, Vegetable Medley Cherry Pie</p>	<p>13</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Clam Chowder, Grilled Fish Fillet Steamed Vegetables, Fresh Bread Chocolate Chip Cookies</p> <p>DINNER Hearty Vegetable Soup Salisbury Steak Mashed Potatoes, Brussel Sprouts Yellow Cake w/Chocolate Frosting</p>	<p>14</p> <p>BREAKFAST Fried Egg, Bran Muffin Oatmeal, Fresh Fruit, Prunes</p> <p>LUNCH Garden Vegetable Soup Gourmet Cheeseburger Coleslaw, French Fries Jello w/Fruit</p> <p>DINNER Vegetable Soup w/Barley Pepper Chicken w/Rice, Green Beans Salad, Pumpkin Layer Pie</p>	<p>15</p> <p>BREAKFAST Eggs any Style, Toast, Hash Browns Hot & 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, Garden Salad Breaded Tilapia, Creamy Barley w/Caramelized Onions, Mushroom, Zucchini & Eggplant Medley, Ice Cream</p>	<p>16</p> <p>BREAKFAST Biscuits with Gravy, Home-Style Potatoes w/Onions & Peppers, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Italian Sausage Soup, Eggplant Parmesan Italian Cous Cous Salad Blueberry Dump Cake</p> <p>DINNER Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>17</p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Home Style Potatoes Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato Vegetable Pasta Soup Grilled Cheese Sandwich Sliced Vegetables, Lemon Pie Bars</p> <p>DINNER Vegetable Tortilla Soup, Breaded Fish Salsa & Chips, Spanish Rice Pinto Beans w/Cheese, Green Salad Lemon Cake Icing</p>	<p>18</p> <p>BREAKFAST Eggs Scrambled w/Peppers/Onions Hot & Cold Cereal, Toast Fresh Fruit, Prunes</p> <p>LUNCH 3 Bean Soup, Chicken Cobb Salad Fresh Bread Yellow Cake w/Fresh Berries</p> <p>DINNER Cabbage-Vegetable Soup Hawaiian Pineapple Pork Jasmine Rice, Sautéed Zucchini Cranberry Oatmeal Squares</p>
<p>19</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Country Vegetable Soup Turkey & Swiss Sandwich, Chips Jello w/Berries/Cream</p> <p>DINNER Vegetable Red Bean Soup Roast Beef, Garlic Mashed Potatoes Sautéed Zucchini & Peppers Fresh Chocolate Cookies</p>	<p>20 <i>Martin Luther King Jr. Day</i></p> <p>BREAKFAST Pancakes, Fried Eggs, Blueberry Muffins Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Spinach Soup Tuna Casserole, Steamed Vegetables Medley, Fresh Mixed Fruit</p> <p>DINNER Chicken Rice Soup, Goulash Green Salad, Sourdough Garlic Bread Cherry Pie</p>	<p>21</p> <p>BREAKFAST Fried Egg, Blueberry Muffin Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Shrimp Bok Choy Soup Pork Fried Rice w/Egg Rolls Pickled Vegetables, Jello Mousse</p> <p>DINNER Cabbage Potato Soup, Baked Chicken Breast, White Wine & Mushroom Garlic Sauce, Sautéed Vegetable Medley Chocolate Cake</p>	<p>22</p> <p>BREAKFAST Eggs any Style, Toast, Hash Browns Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Vegetable Soup Taco Salad w/Tortilla Chips Jello w/Fruit and Cream</p> <p>DINNER Caprese Chicken Breast w/Pasta Green Salad, Dinner Roll Oatmeal Apple Pie</p>	<p>23</p> <p>BREAKFAST Biscuits with Gravy, Home-Style Potatoes w/Onions & Peppers, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Creamy Chicken Soup Chicken Pot Pie, Green Salad Brownie w/Cream</p> <p>DINNER Minestrone Soup, Spaghetti w/Meat Balls Garlic Bread, Sautéed Zucchini Dinner Roll, Vanilla Sponge Cake</p>	<p>24</p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Home Style Potatoes Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Potato Soup, Pastrami Sandwich, Fries Pickles, Garden Salad, Buttermilk Cake</p> <p>DINNER Vegetable Soup, Grilled White Fish Red Onion, Tomato & Cucumber Salad Brown Rice, Vanilla Pudding w/Whipped Cream/Blueberries</p>	<p>25</p> <p>BREAKFAST Eggs Scrambled w/Peppers/Onions Hot & Cold Cereal, Toast Fresh Fruit, Prunes</p> <p>LUNCH 3 Bean Chili, Cornbread Classic Chopped Salad, Jello Mousse</p> <p>DINNER Garden Vegetable Soup, Crispy Chicken Garlic Rice, Vegetable Medley Frosted Banana Walnut Cake</p>
<p>26</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato & Cannelloni Bean Soup Pastrami Sandwich, Fruit Medley</p> <p>DINNER Homemade Vegetable Soup Chicken Breast, Garlic Knots Garlic Parmesan Pasta Fresh Vegetable Medley, Carrot Cake</p>	<p>27</p> <p>BREAKFAST Pancakes, Eggs any Style Homestyle Potatoes, Hot & 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, Beef Fajitas Black Beans, Spanish Rice Banana Pudding w/Churro Topping</p>	<p>28</p> <p>BREAKFAST Fried Egg, Cranberry Orange Muffin Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Mexican Fiesta Soup Turkey Breast Tacos, Bean & Rice Casserole, Spanish Salad w/Tortillas Fruit & Cream</p> <p>DINNER Roasted New Potatoes, Green Salad French Bread, Lemon Pie Bars</p>	<p>29</p> <p>BREAKFAST Eggs any Style, Toast, Hash Browns Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Black Bean Soup, Bell Pepper Chicken Herbed Noodles w/Broccoli Sliced Vegetables, Berry Streusel</p> <p>DINNER Cauliflower Cheese Soup Grilled Steak, Rice Pilaf Creamed Spinach, Green Salad Sourdough Bread</p>	<p>30</p> <p>BREAKFAST Biscuits with Gravy, Home-Style Potatoes w/Onions & Peppers, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Tomato Soup, Corned Beef Cabbage, Carrots, Potatoes Sliced Vegetables, Rye Bread Sliced</p> <p>DINNER Minestrone Soup, Spaghetti w/Meat Balls Green Salad, Cannoli</p>	<p>31</p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Home Style Potatoes Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Carrot Soup, Fish & Chips Cole Slaw, Carmel Pudding</p> <p>DINNER Potato Cheese Soup Fettuccine Alfredo w/Chicken Strips Green Salad, French Bread Oatmeal Cake w/Berry Syrup</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>

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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