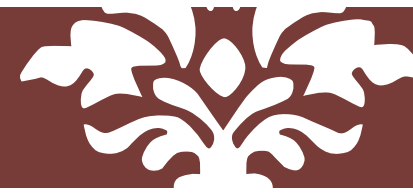


MELROSE GARDENS MENU



July 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BEVERAGES Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade</p>	<p>1 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 Vegetables Stuffed Cabbage Jasmine Rice Fresh Baked Apple Pie</p>	<p>2 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</p>	<p>3 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</p>	<p>4 <i>Independence Day</i> 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, Sauteed Zucchini, Fruit Salad</p>	<p>5 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</p>	<p>6 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</p>
<p>7 BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Tomto 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</p>	<p>8 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</p>	<p>9 BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Lentil Soup, Beef Empanadas Mixed Beef Salad, Churros DINNER Cream of Mushroom Soup Salisbury Steak, Brown Rice Mixed Veggies, Fresh Bread Pineapple Cake</p>	<p>10 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</p>	<p>11 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</p>	<p>12 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</p>	<p>13 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</p>
<p>14 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</p>	<p>15 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</p>	<p>16 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</p>	<p>17 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</p>	<p>18 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</p>	<p>19 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</p>	<p>20 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</p>
<p>21 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</p>	<p>22 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</p>	<p>23 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</p>	<p>24 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</p>	<p>25 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</p>	<p>26 BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Butternut Squash Soup, Gourmet Grilled Cheese, Fresh Orange Slices w/Honey & Cinnamon, Tiramisu Cake DINNER Green Pea Soup, Beef Broccoli, Jasmine Rice, Fresh Baked Sugar Cookies</p>	<p>27 BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes LUNCH Lentil Soup, Fresh Chili Cornbread, Classic Chopped Salad Red Velvet Cake DINNER Corn Chowder BBQ Chicken, Baked Sweet Potato Vegetable Medley, Jell-O</p>
<p>28 BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Tomato & Cannellini, Bean Soup Pastrami Sandwich, Green Salad Fresh Bread, Fruit Medley DINNER Homemade Vegetable Soup Spinach Ricotta Stuffed Chicken Breast Garlic Mashed Potatoes, Fresh Vegetable Medley, Carrot Cake</p>	<p>29 BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Carrot Soup Old Fashioned Turkey Wrap Potato Salad, Ice Cream DINNER Cream of Broccoli Soup, Grilled Cilantro Lime Chicken, Garlic Roasted Potatoes Sautéed Green Beans Fresh Chocolate Cookies</p>	<p>30 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</p>	<p>31 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</p>	<p>THE MONTH OF JULY IS... Air Conditioning Appreciation Month National Anti-Boredom Month National Baked Bean Month National Black Family Month National Cell Phone Courtesy Month National Culinary Arts Month National Grilling Month Family Reunion Month National Horseradish Month National Hot Dog Month National Ice Cream Month National Mango and Melon Month July Belongs to Blueberries Month National Park and Recreation Month National Picnic Month National Raspberry Month National Watermelon Month Social Wellness Month Unlucky Month for Weddings World Watercolor Month</p>		<p>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</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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