

MELROSE GARDENS MENU



June 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>30 <u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Italian Sausage Soup, Ricotta Ravioli Fresh Bread, Garden Salad Fruit Salad Medley <u>DINNER</u> Lentil Soup, Grilled BBQ Ribs Garlic Mashed Potatoes, Green Beans Chocolate Cake</p>	<p>THE MONTH OF JUNE IS..</p> <p>Adopt a Cat Month African-American Music Appreciation Month LGBTQIA Pride Month Men's Health Month National DJ Month National Zoo and Aquarium Month Fresh Fruit & Vegetables Month Candy Month Camping Month Country Cooking Month</p> <p>Dairy Month Give a Bunch of Balloons Month Great Outdoors Month Iced Tea Month Papaya Month Pollinators Month Safety Month Soul Food Month Rose Month Turkey Lovers Month</p>		<p>BEVERAGES <u>Breakfast</u> Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water <u>Lunch & Dinner</u> Coffee - Hot Tea Water - Ice Tea Lemonade</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>	<p>1 <u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes <u>LUNCH</u> Cream of Zucchini Soup Egg & Tuna Pasta Salad, Fresh Bread Garden Salad, Ice Cream Sundae <u>DINNER</u> Cheddar Corn Chowder Grilled Chicken, Steamed Rice Fresh Carrots, Pineapple Cake</p>
<p>2 <u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Minestrone Soup, Grilled Chicken Garden Salad, Fresh Bread Cream Puffs <u>DINNER</u> Green Pea Soup Roasted Chicken w/Mushrooms Brown Rice, Vegetable Medley Apple Pie</p>	<p>3 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Fish Stew, Grilled Salmon Green Salad Fresh Bread Chocolate Chip Cookies <u>DINNER</u> Hearty Vegetable and Beef Rice Soup Salisbury Steak, Garlic Mashed Potatoes Brussel Sprouts Jell-O</p>	<p>4 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Broccoli Soup, Gourmet Cheeseburger, Coleslaw, French Fries Watermelon Sorbet <u>DINNER</u> Won Ton Soup Orange Chicken, Jasmine Rice Steamed Broccoli Almond Cookie & Sorbet</p>	<p>5 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Chicken Noodle Soup Crispy Spinach Potato Fritters Cottage Cheese, Apple Sauce Chocolate Vanilla Marble Cake <u>DINNER</u> Clam Chowder Soup, Breaded Tilapia Couscous, Mushroom, Zucchini & Eggplant Medley, Ice Cream</p>	<p>6 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Garden Soup, Turkey & Brie Baguette Old Fashioned Potato Salad Fresh Brownies <u>DINNER</u> Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>7 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Cauliflower Soup Spinach & Cheese Manicotti Garlic Bread, Green Salad Ice Cream <u>DINNER</u> Egg Drop Soup, Chicken Chow Mein Sautéed Japanese Vegetables Oatmeal Cookies</p>	<p>8 <u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes <u>LUNCH</u> Cream of Carrot Soup Chicken Cobb Salad, Fresh Bread Yellow Cake w/Fresh Berries <u>DINNER</u> Cabbage-Vegetable Soup Hawaiian Pineapple Chicken Jasmine Rice, Sautéed Zucchini Cheesecake w/Fresh Berries</p>
<p>9 <u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Mushroom Soup California-Style Turkey Sandwich Macaroni Salad Ice Cream Sundae <u>DINNER</u> Vegetable Red Bean Soup Roast Beef Garlic Mashed Potatoes Sautéed Zucchini & Peppers Fresh Chocolate Cookies</p>	<p>10 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Spinach Soup Tuna Croquettes, Jasmine Rice Steamed Vegetables Medley Fresh Mixed Fruit <u>DINNER</u> Cream of Cauliflower Soup Creamy Curry Chicken, Roasted Green Beans, Stuffed Baked Potato Baked Apples</p>	<p>11 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Beef Vegetable Soup, Crispy Pork Carnitas, Spanish Rice Crepes with Raspberry Sauce <u>DINNER</u> Cabbage Potato Soup, Baked Chicken Breast, White Wine & Mushroom Garlic Sauce, Sautéed Vegetable Medley Chocolate Cake</p>	<p>12 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Oriental Vegetable Soup Mongolian Beef w/Stir-Fried Vegetable Jasmine Rice, Almond Cookies & Sorbet <u>DINNER</u> Cream of Tomato Soup Breaded Tilapia, Garlic Roasted Potatoes Fresh Sautéed Carrots, Lemon Squares</p>	<p>13 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Egg Drop Soup, Grilled Salmon Cucumber Quinoa Salad Almond Cake <u>DINNER</u> Minestrone Soup, Spaghetti w/Meat Balls Garlic Bread, Sautéed Zucchini Vanilla Sponge Cake</p>	<p>14 <i>Flag Day</i> <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Butternut Squash Soup, Gourmet Grilled Cheese, Fresh Orange Slices w/Honey & Cinnamon, Tiramisu Cake <u>DINNER</u> Green Pea Soup, Beef Broccoli, Jasmine Rice, Fresh Baked Sugar Cookies</p>	<p>15 <u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes <u>LUNCH</u> Lentil Soup, Fresh Chili Cornbread, Classic Chopped Salad Red Velvet Cake <u>DINNER</u> Corn Chowder BBQ Chicken, Baked Sweet Potato Vegetable Medley, Jell-O</p>
<p>16 <i>Father's Day</i> <u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Tomato & Cannellini, Bean Soup Pastrami Sandwich, Green Salad Fresh Bread, Fruit Medley <u>DINNER</u> Homemade Vegetable Soup Spinach Ricotta Stuffed Chicken Breast Garlic Mashed Potatoes, Fresh Vegetable Medley, Carrot Cake</p>	<p>17 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Carrot Soup Old Fashioned Turkey Wrap Potato Salad, Ice Cream <u>DINNER</u> Cream of Broccoli Soup, Grilled Cilantro Lime Chicken, Garlic Roasted Potatoes Sautéed Green Beans Fresh Chocolate Cookies</p>	<p>18 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Vegetable & Shrimp Soup Cherry Crepes w/Fresh Whipped Cream Mixed Green Salad Sweet Bread Pudding <u>DINNER</u> Lentil Soup, Old-Fashioned Beef Stew Jasmine Rice Yellow Cake w/Fresh Berries</p>	<p>19 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> French Onion Soup, Corn Beef Sandwich Cabbage, Baked Potato Chips Granola and Fruit Parfait <u>DINNER</u> Split Pea Soup, Blackened Fish Taco Salad Homemade Tartar Sauce Tapioca Pudding</p>	<p>20 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Egg Drop Soup, Grilled Salmon Cucumber Quinoa Salad Almond Cake <u>DINNER</u> Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>21 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Vegetable Barley Soup, Smokey Grilled Chicken, Pita Flatbread w/Cream Feta Carrot Salad, Fresh 3 Milk Cake <u>DINNER</u> Cream of Spinach Soup, Baked Hawaiian Chicken, Lemon Dill Rice Sautéed Zucchini, Baked Cherry Pie</p>	<p>22 <u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes <u>LUNCH</u> Wonton Soup, Mediterranean Grilled Shrimp, Brown Rice, Sautéed Brussel Sprouts, Honey Cake <u>DINNER</u> Vegetable Noodle Soup Roast Beef, Fresh Vegetable Medley Garlic Mashed Potatoes Mixed Fruit Salad</p>
<p>23 <u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Lentil Soup, Hearty Vegetable Lasagna French Bread, Fresh Garden Salad Ice Cream <u>DINNER</u> Butternut Squash Soup, Oven-Roasted Beef Brisket, Garlic Mashed Potatoes Sautéed Green Beans Dark Chocolate Cake</p>	<p>24 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Creamy Chicken & Rice Soup Gourmet Grilled Cheese Potato Salad, Mixed Fruit Medley Peaches & Cream <u>DINNER</u> Homemade Vegetable Soup Carrot Sweet Potato, Stuffed-Pepper Tzimmes, Fresh Baked Apple Pie</p>	<p>25 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Chicken Pozole Soup, Beef Taquitos Fresh Guacamole, Mixed Green Salad Fresh Banana Bread <u>DINNER</u> Onion Soup, Herb and Garlic Roasted Chicken, Stuffed Baked Potato Sautéed Baby Carrots and Peas Chocolate Chip Cookies</p>	<p>26 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Broccoli Soup Grilled Tilapia w/Tarter Sauce Vegetable and Couscous Salad Fresh Banana Bread <u>DINNER</u> Vegetable Bean Soup, Roast Beef Jasmine Rice, Pan Steamed Broccoli Peanut Butter Cake</p>	<p>27 <u>BREAKFAST</u> French Toast, Eggs any Style Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Roasted Mushroom & Bread Soup Eggplant Croquette, Mixed Garden Salad Fresh Bread, Red Fruit Compote <u>DINNER</u> Minestrone Soup, Spaghetti w/Meat Balls Fresh Garlic Bread, Sautéed Zucchini Fruit Salad</p>	<p>28 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Creamy Potato Soup, Baked Mac & Cheese, Fresh Bread, Mixed Garden Salad, Fresh Fruit Medley <u>DINNER</u> Cream of Zucchini Soup BBQ Chicken Breast, Sweet Potato Mixed Vegetable Medley Fresh Peach Cobbler</p>	<p>29 <u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes <u>LUNCH</u> Matzah Ball Soup, Chollent Fresh Challah Bread, Mixed Garden Salad, Ice Cream Sundae <u>DINNER</u> Creamy Corn Chowder, Curry Chicken noodle Kugel, Sautéed Carrots w/Celery Pineapple Cake</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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