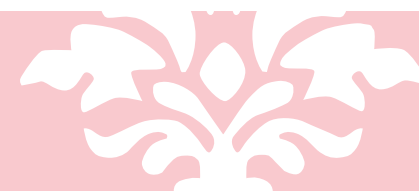


MELROSE GARDENS MENU



May 2019

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 MAY IS..</p> <p>Correct Your Posture Month Date Your Mate Month Get Caught Reading Month International Drum Month Mediterranean Diet Month National Asparagus Month National Military Appreciation Month National Barbecue Month National Bike Month National Blood Pressure Education Month</p> <p>National Chamber Music Month National Egg Month National Hamburger Month National Inventor's Month National Photography Month National Salad Month National Salsa Month National Strawberry Month National Water Safety Month Older Americans Month</p>						<p>1 <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>2 <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>3 <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>4 <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>5 <i>Cinco De Mayo</i> <u>BREAKFAST</u> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes CINCO DE MAYO FIESTA <u>DINNER</u> Homemade Vegetable Soup Spinach Ricotta Stuffed Chicken Breast Garlic Mashed Potatoes, Fresh Vegetable Medley, Carrot Cake</p>	<p>6 <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>7 <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>8 <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>9 <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>10 <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>11 <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>12 <i>Mother's Day</i> <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 MOTHER'S DAY DINNER Butternut Squash Soup, Oven-Roasted Beef Brisket, Garlic Mashed Potatoes Sautéed Green Beans Dark Chocolate Cake</p>	<p>13 <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>14 <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>15 <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>16 <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>17 <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>18 <i>Armed Forces Day</i> <u>BREAKFAST</u> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes ARMED FORCES DAY BBQ Grilled BBQ Chicken, French Fries or Sweet Potato Fries, BBQ Beans Non-Alcoholic Sangria Ice Cream Sundae <u>DINNER</u> Creamy Corn Chowder, Curry Chicken noodle Kugel, Sautéed Carrots w/Celery Pineapple Cake</p>				
<p>19 <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>20 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Broccoli Soup Baked Stuffed Potato, Fruit Medley Green Salad, Jell-O <u>DINNER</u> Homemade Vegetables Stuffed Cabbage Jasmine Rice Fresh Baked Apple Pie</p>	<p>21 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Cabbage Soup, Chicken Enchiladas Spanish Rice, Pinto Beans Ice Cream <u>DINNER</u> French Onion Soup, Roast Chicken Baked Potato, Baby Carrots and Green Peas, Chocolate Chip Cookies</p>	<p>22 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Cream of Cauliflower Soup, Vegetable Pizza, Garden Salad, Assorted Cookies <u>DINNER</u> Sweet Red Bean Soup BBQ Pulled Pork, Roasted Potatoes Fresh Vegetable Medley Banana Bread Cake</p>	<p>23 <u>BREAKFAST</u> French Toast, Eggs any Style Hot & Cold 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 with Meatballs, Garlic Bread, Sautéed Zucchini, Fruit Salad</p>	<p>24 <u>BREAKFAST</u> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Borsch Soup, Potato Pancakes Apple Sauce, Sour Cream Cottage Cheese, Sweet Cream Puffs <u>DINNER</u> Cream of Potato Soup, Beef Fajitas Flour Tortillas, Pinto Beans Spanish Rice, Churros</p>	<p>25 <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>26 <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>27 <i>Memorial Day</i> <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>28 <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>29 <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>30 <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>31 <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>BEVERAGES Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water 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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