

MELROSE GARDENS MENU



November 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

BEVERAGES

Breakfast
Cranberry, Apple,
Orange Juices
Coffee - Hot Tea
Hot Chocolate
Milk - Water
Lunch & Dinner
Coffee - Hot Tea
Water - Ice Tea
Lemonade



THE MONTH OF NOVEMBER IS..

Adopt a Senior Pet Month
Diabetic Eye Disease Month
Family Stories Month
Inspirational Role Models Month
Long-term Care Awareness Month
Lung Cancer Awareness Month
Military Family Appreciation Month
National Adoption Month
National Alzheimer's Disease Month
National Gratitude Month

National Family Literacy Month
National Peanut Butter Lovers Month
National Pepper Month
National Raisin Bread Month
National Roasting Month
National Scholarship Month
PTA Healthy Lifestyles Month
Spinach and Squash Month
Sweet Potato Awareness Month
Vegan Month

1 **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

2 **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

3 **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

4 **Daylight Savings Begins**
BREAKFAST
Bagel, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Tomato Bean Soup, Fettuccine Alfredo
Garden Salad, Fresh Fruit, Italian Cannoli
DINNER
Homemade Vegetable Soup
Roasted Turkey, Garlic Mashed Potatoes
Mixed Vegetable Medley
Fresh Baked Rolls, Carrot Cake

5 **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 with Berries
DINNER
Cream of Broccoli, Chicken Marinara
Roasted Potatoes, Green Beans
Fresh Baked Bread
Chocolate Chip Cookies

6 **Election Day**
BREAKFAST
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Lentil Soup, Beef Empanadas
Mixed Beet Salad, Churros
DINNER
Cream of Mushroom Soup
Salisbury Steak, Brown Rice
Mixed Veggies, Fresh Bread
Pineapple Cake

7 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
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

8 **BREAKFAST**
French Toast, Eggs any Style
Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Potato Soup, Chef Salad
Fresh Rolls, Fruit Medley
Sugar Cake Cookies
DINNER
Minestrone Soup, Spaghetti w/Meat Balls
Garlic Bread, Caesar Salad
Chocolate Mouse Cake

9 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Navy Bean Soup, Vegetable Lasagna
Fresh Bread, Green Salad
Ice Cream
DINNER
Cream of Spinach Soup
Baked Salmon, Lemon Dill Rice
Zucchini, Fresh Rolls, Apple Pie

10 **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

11 **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

12 **Veterans Day (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

13 **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

14 **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

15 **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

16 **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

17 **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

18 **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

19 **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

20 **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

21 **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

22 **Thanksgiving Day**
BREAKFAST
French Toast, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
THANKSGIVING CELEBRATION
Cream of Butternut Squash Soup
Roast Turkey, Stuffing, Mashed Potatoes
Gravy, French String Bean Casserole
Cranberry Sauce, Pumpkin Pie
DINNER
Minestrone Soup, Spaghetti w/Meat Balls
Garlic Bread, Sautéed Zucchini
Vanilla Sponge Cake

23 **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

24 **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

25 **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

26 **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

27 **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

28 **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

29 **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

30 **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

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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