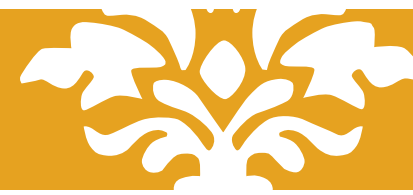


MELROSE GARDENS MENU



November 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THE MONTH OF NOVEMBER IS...

Adopt a Senior Pet Month
Aviation History Month
Family Stories Month
Gluten-Free Diet Awareness Month
Lung Cancer Awareness Month
Movember
Military Family Month
National Adoption Month
National Diabetes Month
National Family Caregivers Month

National Fun with Fondue Month
National Gratitude Month
National Life Writing Month
National Novel Writing Month
National Peanut Butter Lovers Month
National Pepper Month
National Pomegranate Month
National Roasting Month
National Scholarship Month
Vegan Month



BEVERAGES

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

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

3 *Daylight Saving Time Ends*
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

4 **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

5 **BREAKFAST**
Fried Egg, Bran Muffin
Oatmeal, 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

6 **BREAKFAST**
Eggs any Style, Toast, Hash Browns
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

7 **BREAKFAST**
Biscuits with Gravy, Home-Style Potatoes
w/Onions & Peppers, 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

8 **BREAKFAST**
Pancakes, Eggs any Style, Toast
Home Style Potatoes
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

9 **BREAKFAST**
Eggs Scrambled w/Peppers/Onions
Hot & Cold Cereal, Toast
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

10 **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

11 *Veterans Day*
BREAKFAST
Pancakes, Fried Eggs, Blueberry Muffins
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Spinach Soup, Tuna
Croquettes, Barley Pilaf, Steamed
Vegetables Medley, Fresh Mixed Fruit
DINNER
Cream of Cauliflower Soup
Creamy Curry Chicken, Roasted Green
Beans, Stuffed Baked Potato
Baked Apples

12 **BREAKFAST**
Fried Egg, Blueberry Muffin
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Beef Vegetable Soup, Crispy Pork
Carnitas, Spanish Rice
Jello Mousse w/Cranberry Sauce
DINNER
Cabbage Potato Soup, Baked Chicken
Breast, White Wine & Mushroom
Garlic Sauce, Sautéed Vegetable Medley
Chocolate Cake

13 **BREAKFAST**
Eggs any Style, Toast, Hash Browns
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

14 **BREAKFAST**
Biscuits with Gravy, Home-Style Potatoes
w/Onions & Peppers, Hot & Cold Cereal
Fresh Fruit, Prunes
LUNCH
Vegetable Soup, Grilled Salmon
Red Onion, Tomato & Cucumber Salad
Brown Rice, Almond Cake
DINNER
Minestrone Soup, Spaghetti w/Meat Balls
Garlic Bread, Sautéed Zucchini, Dinner
Roll, Vanilla Sponge Cake

15 **BREAKFAST**
Pancakes, Eggs any Style, Toast
Home Style Potatoes
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Butternut Squash Soup, Tuna Salad
w/Cole Slaw, Fresh Orange Slices
w/Honey & Cinnamon
DINNER
Green Pea Soup, Beef Broccoli, Jasmine
Rice, Fresh Baked Sugar Cookies

16 **BREAKFAST**
Eggs Scrambled w/Peppers/Onions
Hot & Cold Cereal, Toast
Fresh Fruit, Prunes
LUNCH
Lentil Soup, Fresh Chili
Cornbread, Classic Chopped Salad
Jello Mousse
DINNER
Creamy Carrot Soup
BBQ Chicken, Baked Sweet Potato
Vegetable Medley, Jell-O

17 **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, Bread
Spinach Ricotta Stuffed Chicken Breast
Garlic Mashed Potatoes, Fresh Vegetable
Medley, Carrot Cake

18 **BREAKFAST**
Pancakes, Eggs any Style
Homestyle Potatoes, 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

19 **BREAKFAST**
Fried Egg, Cranberry Orange Muffin
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Vegetable Soup
Greek Pasta Salad w/Chicken Breast
Mixed Green Salad, Rye Bread
Pumpkin Rice Pudding
DINNER
Lentil Soup, Old-Fashioned Beef Stew
Jasmine Rice
Yellow Cake w/Fresh Berries

20 **BREAKFAST**
Eggs any Style, Toast, Hash Browns
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
French Onion Soup, Corn Beef Sandwich
Cabbage, Onion & White Cannellini
Beans, Baked Potato Chips
Granola and Fruit Parfait
DINNER
Split Pea Soup, Blackened Fish Taco
Salad Homemade Tartar Sauce
Tapioca Pudding

21 **BREAKFAST**
Biscuits with Gravy, Home-Style Potatoes
w/Onions & Peppers, Hot & Cold Cereal
Fresh Fruit, Prunes
LUNCH
Vegetable Soup, Grilled Salmon
Red Onion, Tomato, Cucumber Salad
Brown Rice Pilaf, Vanilla Cookie
DINNER
Minestrone Soup, Spaghetti with
Meatballs, Garlic Bread, Caesar Salad
Chocolate Mousse Cake

22 **BREAKFAST**
Pancakes, Eggs any Style, Toast
Home Style Potatoes
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Fall Bean Soup, Cucumber Red Onion
Salad, Stuffed Cabbage Leaves w/Red
Gravy, Pita Flatbread w/Cream Feta
Fresh 3 Milk Cake
DINNER
Cream of Spinach Soup, Baked
Hawaiian Chicken, Lemon Dill Rice
Sautéed Zucchini, Baked Cherry Pie

23 **BREAKFAST**
Eggs Scrambled w/Peppers/Onions
Hot & Cold Cereal, Toast
Fresh Fruit, Prunes
LUNCH
Vegetable Rice Soup, Turkey Meatballs
Brown Rice, Broccoli w/Grilled Onions
Honey Cake
DINNER
Vegetable Noodle Soup
Roast Beef, Fresh Vegetable Medley
Garlic Mashed Potatoes
Mixed Fruit Cup

24 **BREAKFAST**
Bagel, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Lentil Soup, Hearty Vegetable Lasagna
French Bread, Fresh Garden Salad
Ice Cream
DINNER
Butternut Squash Soup, Oven-Roasted
Beef Brisket, Garlic Mashed Potatoes
Sautéed Green Beans
Dark Chocolate Cake

25 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Tomato Soup
Gourmet Grilled Cheese
Potato Salad, Mixed Fruit Medley
Peaches & Cream
DINNER
Homemade Vegetable Soup
Pepper Chicken, Brown Rice
Green Salad, Dinner Roll, Apple Cobbler

26 **BREAKFAST**
Fried Egg, Raisin Bran Muffin
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Black Bean Soup, Beef Tacos
Spanish Rice w/Vegetables
Mixed Green Salad, Fresh Banana Bread
DINNER
Onion Soup, Herb and Garlic
Roasted Chicken, Stuffed Baked Potato
Sautéed Baby Carrots and Peas
Chocolate Chip Cookies

27 **BREAKFAST**
Eggs any Style, Toast, Hash Browns
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Cream of Broccoli Soup
Grilled Tilapia w/Tarter Sauce
Cole Slaw, Fresh Banana Bread
DINNER
Vegetable Bean Soup, Roast Beef
Jasmine Rice, Pan Steamed Broccoli
Peanut Butter Cake

28 *Thanksgiving Day*
BREAKFAST
French Toast, Eggs any Style, Assorted
Muffins, Hot & Cold Cereal
Fresh Fruit, Prunes
THANKSGIVING FEAST
DINNER
Minestrone Soup, Baked Ziti w/Meat
Sauce, Fresh Garlic Bread
Sautéed Zucchini, Fruit Salad

29 **BREAKFAST**
Pancakes, Eggs any Style
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Creamy Potato Soup, Baked Mac &
Cheese, Fresh Bread, Mixed Garden
Salad, Fresh Fruit Medley
DINNER
Cream of Zucchini Soup
BBQ Chicken Breast, Sweet Potato
Mixed Vegetable Medley, Corn Bread
Muffins, Fresh Peach Cobbler

30 **BREAKFAST**
Eggs Benedict, Hot & Cold Cereal
Fresh Fruit, Prunes
LUNCH
Matzah Ball Soup, Chollent
Fresh Challah Bread, Mixed Garden
Salad, Ice Cream Sundae
DINNER
Creamy Corn Chowder, Curry Chicken
noodle Kugel, Sautéed Carrots w/Celery
Pineapple Cake