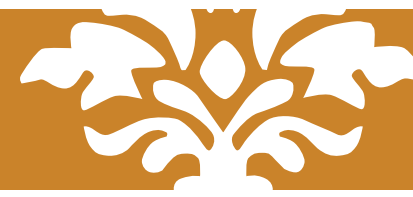


# MELROSE GARDENS MENU



# October 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p><b>BEVERAGES</b>  <b>Breakfast</b>                      Cranberry, Apple, Orange Juices                      Coffee - Hot Tea                      Hot Chocolate                      Milk - Water  <b>Lunch &amp; Dinner</b>                      Coffee - Hot Tea                      Water - Ice Tea                      Lemonade</p>	<p><b>1</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Creamed Carrot Soup                      Gourmet Tuna Melt Sandwich                      Garden Salad, Potato Chips                      Ice Cream with Berries  <b>DINNER</b>                      Cream of Broccoli, Chicken Marinara                      Roasted Potatoes, Green Beans                      Fresh Baked Bread                      Chocolate Chip Cookies</p>	<p><b>2</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Lentil Soup, Beef Empanadas                      Mixed Beet Salad, Churros  <b>DINNER</b>                      Cream of Mushroom Soup                      Salisbury Steak, Brown Rice                      Mixed Veggies, Fresh Bread                      Pineapple Cake</p>	<p><b>3</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Gourmet Cheddar, Ham &amp; Cheese Sandwich, Carrot Salad, Potato Chips                      Fresh Fruit Medley  <b>DINNER</b>                      Split Pea Soup, Chicken Marsala                      Penne Pasta Salad, Yellow Squash                      Garlic Bread, Sweet Bread Pudding</p>	<p><b>4</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Cream of Potato Soup, Chef Salad                      Fresh Rolls, Fruit Medley                      Sugar Cake Cookies  <b>DINNER</b>                      Minestrone Soup, Spaghetti w/Meat Balls                      Garlic Bread, Caesar Salad                      Chocolate Mouse Cake</p>	<p><b>5</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Navy Bean Soup, Vegetable Lasagna                      Fresh Bread, Green Salad                      Ice Cream  <b>DINNER</b>                      Cream of Spinach Soup                      Baked Salmon, Lemon Dill Rice                      Zucchini, Fresh Rolls, Apple Pie</p>	<p><b>6</b> <b>BREAKFAST</b>                      Eggs Benedict, Hot &amp; Cold Cereal                      Fresh Fruit, Prunes  <b>LUNCH</b>                      French Onion Soup, Italian Salami                      Sandwiches, Homemade Coleslaw                      Baked Potato Chips, Jell-O  <b>DINNER</b>                      Chicken Soup, Roasted Chicken                      Mixed Vegetables, Rainbow Pasta                      Fresh Bread, New York Style Cheesecake</p>		
<p><b>7</b> <b>BREAKFAST</b>                      Bagel, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Minestrone Soup, Grilled Chicken                      Garden Salad, Fresh Bread                      Cream Puffs  <b>DINNER</b>                      Green Pea Soup                      Roasted Chicken w/Mushrooms                      Brown Rice, Vegetable Medley                      Apple Pie</p>	<p><b>8</b> <i>Columbus Day</i>  <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Fish Stew, Grilled Salmon                      Green Salad Fresh Bread                      Chocolate Chip Cookies  <b>DINNER</b>                      Hearty Vegetable and Beef Rice Soup                      Salisbury Steak, Garlic Mashed Potatoes                      Brussel Sprouts, Jell-O</p>	<p><b>9</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Cream of Broccoli Soup, Gourmet                      Cheeseburger, Coleslaw, French Fries                      Watermelon Sorbet  <b>DINNER</b>                      Won Ton Soup                      Orange Chicken, Jasmine Rice Steamed                      Broccoli                      Almond Cookie &amp; Sorbet</p>	<p><b>10</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Chicken Noodle Soup                      Crispy Spinach Potato Fritters                      Cottage Cheese, Apple Sauce                      Chocolate Vanilla Marble Cake  <b>DINNER</b>                      Clam Chowder Soup, Breaded Tilapia                      Couscous, Mushroom, Zucchini &amp;                      Eggplant Medley, Ice Cream</p>	<p><b>11</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Garden Soup, Turkey &amp; Brie Baguette                      Old Fashioned Potato Salad                      Fresh Brownies  <b>DINNER</b>                      Minestrone Soup, Spaghetti with                      Meatballs, Garlic Bread, Caesar Salad                      Chocolate Mousse Cake</p>	<p><b>12</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Cream of Cauliflower Soup                      Spinach &amp; Cheese Manicotti                      Garlic Bread, Green Salad                      Ice Cream  <b>DINNER</b>                      Egg Drop Soup, Chicken Chow Mein                      Sautéed Japanese Vegetables                      Oatmeal Cookies</p>	<p><b>13</b> <b>BREAKFAST</b>                      Eggs Benedict, Hot &amp; Cold Cereal                      Fresh Fruit, Prunes  <b>LUNCH</b>                      Cream of Carrot Soup                      Chicken Cobb Salad, Fresh Bread                      Yellow Cake w/Fresh Berries  <b>DINNER</b>                      Cabbage-Vegetable Soup                      Hawaiian Pineapple Chicken                      Jasmine Rice, Sautéed Zucchini                      Cheesecake w/Fresh Berries</p>		
<p><b>14</b> <b>BREAKFAST</b>                      Bagel, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Cream of Mushroom Soup                      California-Style Turkey Sandwich                      Macaroni Salad                      Ice Cream Sundae  <b>DINNER</b>                      Vegetable Red Bean Soup                      Roast Beef Garlic Mashed Potatoes                      Sautéed Zucchini &amp; Peppers                      Fresh Chocolate Cookies</p>	<p><b>15</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Cream of Spinach Soup                      Tuna Croquettes, Jasmine Rice                      Steamed Vegetables Medley                      Fresh Mixed Fruit  <b>DINNER</b>                      Cream of Cauliflower Soup                      Creamy Curry Chicken, Roasted Green                      Beans, Stuffed Baked Potato                      Baked Apples</p>	<p><b>16</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Beef Vegetable Soup, Crispy Pork                      Carnitas, Spanish Rice                      Crepes with Raspberry Sauce  <b>DINNER</b>                      Cabbage Potato Soup, Baked Chicken                      Breast, White Wine &amp; Mushroom                      Garlic Sauce, Sautéed Vegetable Medley                      Chocolate Cake</p>	<p><b>17</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Oriental Vegetable Soup                      Mongolian Beef w/Stir-Fried Vegetable                      Jasmine Rice, Almond Cookies &amp; Sorbet  <b>DINNER</b>                      Cream of Tomato Soup                      Breaded Tilapia, Garlic Roasted Potatoes                      Fresh Sautéed Carrots, Lemon Squares</p>	<p><b>18</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Fresh Vegetable Soup                      Chicken Salad Sandwich                      Mixed Green Bean &amp; Cherry Tomato                      Salad, Banana Split  <b>DINNER</b>                      Minestrone Soup, Spaghetti w/Meat Balls                      Garlic Bread, Sautéed Zucchini                      Vanilla Sponge Cake</p>	<p><b>19</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Butternut Squash Soup, Gourmet Grilled                      Cheese, Fresh Orange Slices w/Honey &amp;                      Cinnamon, Tiramisu Cake  <b>DINNER</b>                      Green Pea Soup                      Beef Broccoli, Jasmine Rice                      Fresh Baked Sugar Cookies</p>	<p><b>20</b> <b>BREAKFAST</b>                      Eggs Benedict, Hot &amp; Cold Cereal                      Fresh Fruit, Prunes  <b>LUNCH</b>                      Lentil Soup, Fresh Chili                      Cornbread, Classic Chopped Salad                      Red Velvet Cake  <b>DINNER</b>                      Corn Chowder                      BBQ Chicken, Baked Sweet Potato                      Vegetable Medley                      Jell-O</p>		
<p><b>21</b> <b>BREAKFAST</b>                      Bagel, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Tomato &amp; Cannellini, Bean Soup                      Pastrami Sandwich, Green Salad                      Fresh Bread, Fruit Medley  <b>DINNER</b>                      Homemade Vegetable Soup                      Spinach Ricotta Stuffed Chicken Breast                      Garlic Mashed Potatoes, Fresh Vegetable                      Medley, Carrot Cake</p>	<p><b>22</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Carrot Soup                      Old Fashioned Turkey Wrap                      Potato Salad, Ice Cream  <b>DINNER</b>                      Cream of Broccoli Soup, Grilled Cilantro                      Lime Chicken, Garlic Roasted Potatoes                      Sautéed Green Beans                      Fresh Chocolate Cookies</p>	<p><b>23</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Vegetable &amp; Shrimp Soup                      Cherry Crepes w/Fresh Whipped Cream                      Mixed Green Salad                      Sweet Bread Pudding  <b>DINNER</b>                      Lentil Soup, Old-Fashioned Beef Stew                      Jasmine Rice                      Yellow Cake w/Fresh Berries</p>	<p><b>24</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      French Onion Soup, Corn Beef Sandwich                      Cabbage, Baked Potato Chips                      Granola and Fruit Parfait  <b>DINNER</b>                      Split Pea Soup, Blackened Fish Taco                      Salad Homemade Tartar Sauce                      Tapioca Pudding</p>	<p><b>25</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Egg Drop Soup, Grilled Salmon                      Cucumber Quinoa Salad                      Almond Cake  <b>DINNER</b>                      Minestrone Soup, Spaghetti with                      Meatballs, Garlic Bread, Caesar Salad                      Chocolate Mousse Cake</p>	<p><b>26</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Vegetable Barley Soup, Smokey Grilled                      Chicken, Pita Flatbread w/Cream Feta                      Carrot Salad, Fresh 3 Milk Cake  <b>DINNER</b>                      Cream of Spinach Soup, Baked                      Hawaiian Chicken, Lemon Dill Rice                      Sautéed Zucchini, Baked Cherry Pie</p>	<p><b>27</b> <b>BREAKFAST</b>                      Eggs Benedict, Hot &amp; Cold Cereal                      Fresh Fruit, Prunes  <b>LUNCH</b>                      Wonton Soup, Mediterranean Grilled                      Shrimp, Brown Rice, Sautéed Brussel                      Sprouts, Honey Cake  <b>DINNER</b>                      Vegetable Noodle Soup                      Roast Beef, Fresh Vegetable Medley                      Garlic Mashed Potatoes                      Mixed Fruit Salad</p>		
<p><b>28</b> <b>BREAKFAST</b>                      Bagel, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Lentil Soup, Hearty Vegetable Lasagna                      French Bread, Fresh Garden Salad                      Ice Cream  <b>DINNER</b>                      Butternut Squash Soup, Oven-Roasted                      Beef Brisket, Garlic Mashed Potatoes                      Sautéed Green Beans                      Dark Chocolate Cake</p>	<p><b>29</b> <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Creamy Chicken &amp; Rice Soup                      Gourmet Grilled Cheese                      Potato Salad, Mixed Fruit Medley                      Peaches &amp; Cream  <b>DINNER</b>                      Homemade Vegetable Soup                      Carrot Sweet Potato, Stuffed-Pepper                      Tzimmes, Fresh Baked Apple Pie</p>	<p><b>30</b> <b>BREAKFAST</b>                      French Toast, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Chicken Pozole Soup, Beef Taquitos                      Fresh Guacamole, Mixed Green Salad                      Fresh Banana Bread  <b>DINNER</b>                      Onion Soup, Herb and Garlic                      Roasted Chicken, Stuffed Baked Potato                      Sautéed Baby Carrots and Peas                      Chocolate Chip Cookies</p>	<p><b>31</b> <i>Halloween</i>  <b>BREAKFAST</b>                      Pancakes, Eggs any Style                      Hot &amp; Cold Cereal, Fresh Fruit, Prunes  <b>LUNCH</b>                      Cream of Broccoli Soup                      Grilled Tilapia w/Tarter Sauce                      Vegetable and Couscous Salad                      Fresh Banana Bread  <b>DINNER</b>                      Vegetable Bean Soup, Roast Beef                      Jasmine Rice, Pan Steamed Broccoli                      Peanut Butter Cake</p>	<p><b>THE MONTH OF OCTOBER IS..</b></p> <table border="0"> <tr> <td> <ul style="list-style-type: none"> <li>Apple Month</li> <li>Baby Safety Month</li> <li>Better Breakfast Month</li> <li>Blood Cancer Awareness Month</li> <li>Childhood Cancer Awareness Month</li> <li>Cholesterol Education Month</li> <li>Classical Music Month</li> <li>Fall Hat Month</li> <li>Food Safety Education Month</li> <li>Hispanic Heritage Month</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>International Square Dancing Month</li> <li>Little League Month</li> <li>Library Card Sign-Up Month</li> <li>National Chicken Month</li> <li>National Courtesy Month</li> <li>National Piano Month</li> <li>National Preparedness Month</li> <li>Pain Awareness Month</li> <li>Prostate Health Month</li> <li>Self Improvement Month</li> </ul> </td> </tr> </table>		<ul style="list-style-type: none"> <li>Apple Month</li> <li>Baby Safety Month</li> <li>Better Breakfast Month</li> <li>Blood Cancer Awareness Month</li> <li>Childhood Cancer Awareness Month</li> <li>Cholesterol Education Month</li> <li>Classical Music Month</li> <li>Fall Hat Month</li> <li>Food Safety Education Month</li> <li>Hispanic Heritage Month</li> </ul>	<ul style="list-style-type: none"> <li>International Square Dancing Month</li> <li>Little League Month</li> <li>Library Card Sign-Up Month</li> <li>National Chicken Month</li> <li>National Courtesy Month</li> <li>National Piano Month</li> <li>National Preparedness Month</li> <li>Pain Awareness Month</li> <li>Prostate Health Month</li> <li>Self Improvement Month</li> </ul>	<p><b>MENU ALTERNATIVES</b></p> <ul style="list-style-type: none"> <li>Hamburger</li> <li>Hotdog</li> <li>Chicken Salad</li> <li>Plain Omelet</li> <li>Fruit &amp; Cottage Cheese Platter</li> <li>Assorted Sandwiches including</li> <li>Tuna Salad, Turkey, Ham,</li> <li>Peanut Butter &amp; Jelly</li> <li>Grilled Chicken Breast or Salmon</li> </ul>
<ul style="list-style-type: none"> <li>Apple Month</li> <li>Baby Safety Month</li> <li>Better Breakfast Month</li> <li>Blood Cancer Awareness Month</li> <li>Childhood Cancer Awareness Month</li> <li>Cholesterol Education Month</li> <li>Classical Music Month</li> <li>Fall Hat Month</li> <li>Food Safety Education Month</li> <li>Hispanic Heritage Month</li> </ul>	<ul style="list-style-type: none"> <li>International Square Dancing Month</li> <li>Little League Month</li> <li>Library Card Sign-Up Month</li> <li>National Chicken Month</li> <li>National Courtesy Month</li> <li>National Piano Month</li> <li>National Preparedness Month</li> <li>Pain Awareness Month</li> <li>Prostate Health Month</li> <li>Self Improvement Month</li> </ul>							

**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.

lic: 197607149/197607155