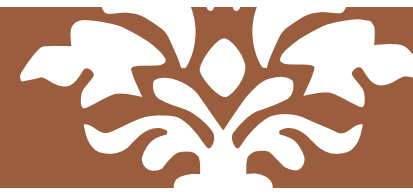


MELROSE GARDENS MENU



October 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THE MONTH OF OCTOBER IS...

Breast Cancer Awareness Month
 Eat Better, Eat Together Month
 Financial Planning Month
 German-American Heritage Month
 Healthy Lung Month
 Health Literacy Month
 Italian-American Heritage Month
 LGBT History Month
 National Arts & Humanities Month
 National Book Month

National Crime Prevention Month
 National Go On a Field Trip Month
 National Pasta Month
 National Pizza Month
 National Pretzel Month
 National Sarcastic Awareness Month
 National Stamp Collecting Month
 National Work and Family Month
 Right Brainers Rule! Month
 Vegetarian Month

6 **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

7 **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

8 *Yom Kippur (begins at sundown)*
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

9 **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

10 **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 w/Meat Balls
 Garlic Bread, Sautéed Zucchini
 Vanilla Sponge Cake

11 **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

12 **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

13 **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

14 *Columbus Day*
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

15 **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

16 **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

17 **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

18 **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

19 **BREAKFAST**
 Eggs Benedict, Hot & Cold Cereal
 Fresh Fruit, Prunes
LUNCH
 Wonton Soup, Mediterranean Grilled Shrimp, Brown Rice, Sautéed Brussel Sprouts, Honey Cake
DINNER
 Vegetable Noodle Soup
 Roast Beef, Fresh Vegetable Medley
 Garlic Mashed Potatoes
 Mixed Fruit Salad

20 **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

21 **BREAKFAST**
 Pancakes, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Creamy Chicken & Rice Soup
 Gourmet Grilled Cheese
 Potato Salad, Mixed Fruit Medley
 Peaches & Cream
DINNER
 Homemade Vegetable Soup
 Carrot Sweet Potato, Stuffed-Pepper
 Tzimmes, Fresh Baked Apple Pie

22 **BREAKFAST**
 French Toast, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Chicken Pozole Soup, Beef Taquitos
 Fresh Guacamole, 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

23 **BREAKFAST**
 Pancakes, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Cream of Broccoli Soup
 Grilled Tilapia w/Tarter Sauce
 Vegetable and Couscous Salad
 Fresh Banana Bread
DINNER
 Vegetable Bean Soup, Roast Beef
 Jasmine Rice, Pan Steamed Broccoli
 Peanut Butter Cake

24 **BREAKFAST**
 French Toast, Eggs any Style
 Cereal, Fresh Fruit, Prunes
LUNCH
 Roasted Mushroom & Bread Soup
 Eggplant Croquette, Mixed Garden Salad
 Fresh Bread, Red Fruit Compote
DINNER
 Minestrone Soup, Spaghetti w/Meat Balls
 Fresh Garlic Bread, Sautéed Zucchini
 Fruit Salad

25 **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
 Fresh Peach Cobbler

26 **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

27 **BREAKFAST**
 Bagel, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Italian Sausage Soup, Ricotta Ravioli
 Fresh Bread, Garden Salad
 Fruit Salad Medley
DINNER
 Lentil Soup, Grilled BBQ Ribs
 Garlic Mashed Potatoes, Green Beans
 Chocolate Cake

28 **BREAKFAST**
 Pancakes, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Cream of Broccoli Soup
 Baked Stuffed Potato, Fruit Medley
 Green Salad, Jell-O
DINNER
 Homemade Vegetable Soup
 Stuffed Cabbage Jasmine Rice
 Fresh Baked Apple Pie

29 **BREAKFAST**
 French Toast, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Cabbage Soup, Chicken Enchiladas
 Spanish Rice, Pinto Beans
 Ice Cream
DINNER
 French Onion Soup, Roast Chicken
 Baked Potato, Baby Carrots and Green Peas, Chocolate Chip Cookies

30 **BREAKFAST**
 Pancakes, Eggs any Style
 Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
 Cream of Cauliflower Soup, Vegetable
 Pizza, Garden Salad, Assorted Cookies
DINNER
 Sweet Red Bean Soup
 BBQ Pulled Pork, Roasted Potatoes
 Fresh Vegetable Medley
 Banana Bread Cake

31 *Halloween*
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, Sautéed Zucchini, Fruit Salad

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 _____