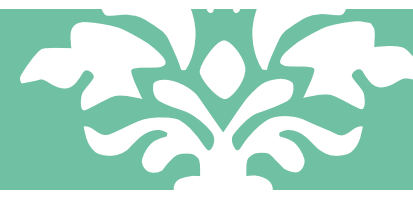


MELROSE GARDENS MENU



September 2018

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>31 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</p>	<p>THE MONTH OF SEPTEMBER IS..</p> <p>National Americana Month Better Breakfast Month Classical Music Month Fall Hat Month Hispanic Heritage Month International Square Dance Month Little League Month National Chicken Month National Courtesy Month National Honey Month</p> <p>National Library Card Sign Up Month National Piano Month National Potato Month National Preparedness Month National Rice Month National Self-Care Awareness Month National Sewing Month Save Your Photos Month Self Improvement Month Whole Grains Month</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> 	<p>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</p>	<p>1 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</p>	
<p>2 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</p>	<p>3 Labor Day BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LABOR DAY BBQ DINNER Cream of Cauliflower Soup Creamy Curry Chicken, Roasted Green Beans, Stuffed Baked Potato Baked Apples</p>	<p>4 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</p>	<p>5 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</p>	<p>6 BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Fresh Vegetable Soup Chicken Salad Sandwich Mixed Green Bean & Cherry Tomato Salad, Banana Split DINNER Minestrone Soup, Spaghetti w/Meat Balls Garlic Bread, Sautéed Zucchini Vanilla Sponge Cake</p>	<p>7 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</p>	<p>8 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</p>
<p>9 Grandparent's Day Rosh Hashanah (begins at sundown) 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</p>	<p>10 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</p>	<p>11 Patriot Day 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</p>	<p>12 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</p>	<p>13 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</p>	<p>14 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</p>	<p>15 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</p>
<p>16 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</p>	<p>17 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</p>	<p>18 Yom Kippur (begins at sundown) 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</p>	<p>19 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</p>	<p>20 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</p>	<p>21 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</p>	<p>22 Autumn Begins 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</p>
<p>23 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</p>	<p>24 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, Stuffed Cabbage Jasmine Rice Fresh Baked Apple Pie</p>	<p>25 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</p>	<p>26 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</p>	<p>27 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</p>	<p>28 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</p>	<p>29 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</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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