

# MELROSE GARDENS MENU



# September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> <b>BREAKFAST</b> Bagel, Eggs any Style Hot & 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 & Peppers Fresh Chocolate Cookies	<b>2</b> <i>Labor Day</i> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LABOR DAY BBQ COOKOUT</b> <b>DINNER</b> Cream of Cauliflower Soup Creamy Curry Chicken, Roasted Green Beans, Stuffed Baked Potato Baked Apples	<b>3</b> <b>BREAKFAST</b> French Toast, Eggs any Style Hot & 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 & Mushroom Garlic Sauce, Sautéed Vegetable Medley Chocolate Cake	<b>4</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Oriental Vegetable Soup Mongolian Beef w/Stir-Fried Vegetable Jasmine Rice, Almond Cookies & Sorbet <b>DINNER</b> Cream of Tomato Soup Breaded Tilapia, Garlic Roasted Potatoes Fresh Sautéed Carrots, Lemon Squares	<b>5</b> <b>BREAKFAST</b> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Egg Drop Soup, Grilled Salmon Cucumber Quinoa Salad Almond Cake <b>DINNER</b> Minestrone Soup, Spaghetti w/Meat Balls Garlic Bread, Sautéed Zucchini Vanilla Sponge Cake	<b>6</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Butternut Squash Soup, Gourmet Grilled Cheese, Fresh Orange Slices w/Honey & Cinnamon, Tiramisu Cake <b>DINNER</b> Green Pea Soup, Beef Broccoli, Jasmine Rice, Fresh Baked Sugar Cookies	<b>7</b> <b>BREAKFAST</b> Eggs Benedict, Hot & 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	
<b>8</b> <i>Grandparent's Day</i> <b>BREAKFAST</b> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Tomato & 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	<b>9</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & 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	<b>10</b> <b>BREAKFAST</b> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Vegetable & 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	<b>11</b> <i>Patriot Day</i> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & 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	<b>12</b> <b>BREAKFAST</b> French Toast, Eggs any Style Hot & 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	<b>13</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & 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	<b>14</b> <b>BREAKFAST</b> Eggs Benedict, Hot & 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	
<b>15</b> <b>BREAKFAST</b> Bagel, Eggs any Style Hot & 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	<b>16</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Creamy Chicken & Rice Soup Gourmet Grilled Cheese Potato Salad, Mixed Fruit Medley Peaches & Cream <b>DINNER</b> Homemade Vegetable Soup Carrot Sweet Potato, Stuffed-Pepper Tzimmes, Fresh Baked Apple Pie	<b>17</b> <b>BREAKFAST</b> French Toast, Eggs any Style Hot & 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	<b>18</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & 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	<b>19</b> <b>BREAKFAST</b> French Toast, Eggs any Style Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Roasted Mushroom & Bread Soup Eggplant Croquette, Mixed Garden Salad Fresh Bread, Red Fruit Compote <b>DINNER</b> Minestrone Soup, Spaghetti w/Meat Balls Fresh Garlic Bread, Sautéed Zucchini Fruit Salad	<b>20</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Creamy Potato Soup, Baked Mac & Cheese, Fresh Bread, Mixed Garden Salad, Fresh Fruit Medley <b>DINNER</b> Cream of Zucchini Soup BBQ Chicken Breast, Sweet Potato Mixed Vegetable Medley Fresh Peach Cobbler	<b>21</b> <i>Oktoberfest begins</i> <b>BREAKFAST</b> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes <b>LUNCH</b> Matzah Ball Soup, Chollent Fresh Challah Bread, Mixed Garden Salad, Ice Cream Sundae <b>DINNER</b> Creamy Corn Chowder, Curry Chicken noodle Kugel, Sautéed Carrots w/Celery Pineapple Cake	
<b>22</b> <b>BREAKFAST</b> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Italian Sausage Soup, Ricotta Ravioli Fresh Bread, Garden Salad Fruit Salad Medley <b>DINNER</b> Lentil Soup, Grilled BBQ Ribs Garlic Mashed Potatoes, Green Beans Chocolate Cake	<b>23</b> <i>Autumn Equinox</i> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Cream of Broccoli Soup Baked Stuffed Potato, Fruit Medley Green Salad, Jell-O <b>DINNER</b> Homemade Vegetable Soup Stuffed Cabbage Jasmine Rice Fresh Baked Apple Pie	<b>24</b> <b>BREAKFAST</b> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Cabbage Soup, Chicken Enchiladas Spanish Rice, Pinto Beans Ice Cream <b>DINNER</b> French Onion Soup, Roast Chicken Baked Potato, Baby Carrots and Green Peas, Chocolate Chip Cookies	<b>25</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Cream of Cauliflower Soup, Vegetable Pizza, Garden Salad, Assorted Cookies <b>DINNER</b> Sweet Red Bean Soup BBQ Pulled Pork, Roasted Potatoes Fresh Vegetable Medley Banana Bread Cake	<b>26</b> <b>BREAKFAST</b> French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Roasted Mushroom & Bread Soup Eggplant Croquette, Mixed Garden Salad Fresh Bread, Red Fruit Compote <b>DINNER</b> Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Sautéed Zucchini, Fruit Salad	<b>27</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Borsch Soup, Potato Pancakes Apple Sauce, Sour Cream Cottage Cheese, Sweet Cream Puffs <b>DINNER</b> Cream of Potato Soup, Beef Fajitas Flour Tortillas, Pinto Beans Spanish Rice, Churros	<b>28</b> <b>BREAKFAST</b> Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes <b>LUNCH</b> Cream of Zucchini Soup Egg & Tuna Pasta Salad, Fresh Bread Garden Salad, Ice Cream Sundae <b>DINNER</b> Cheddar Corn Chowder Grilled Chicken, Steamed Rice Fresh Carrots, Pineapple Cake	
<b>29</b> <i>Rosh Hashanah (begins at Sundown)</i> <b>BREAKFAST</b> Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Tomato Bean Soup, Fettuccini Alfredo Garden Salad, Fresh Fruit <b>DINNER</b> Homemade Vegetable Soup Roasted Turkey, Garlic Mashed Potatoes Mixed Vegetable Medley Fresh Baked Rolls, Carrot Cake	<b>30</b> <b>BREAKFAST</b> Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Creamed Carrot Soup Gourmet Tuna Melt Sandwich Garden Salad, Potato Chips Ice Cream w/Berries <b>ROSH HASANAH DINNER</b>	<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			<b>THE MONTH OF SEPTEMBER IS...</b> Better Breakfast Month California Wine Month Food Safety Education Month Leukemia & Lymphoma Awareness Month National Honey Month National Italian Cheese Month National Mushroom Month National Papaya Month National Potato Month National Preparedness Month National Prostate Health Month National Rice Month National Suicide Prevention Month National Whole Grains Month National Wild Rice Month National Yoga Month Ovarian Cancer Awareness Month Pain Awareness Month Thyroid Cancer Awareness Month		<b>MENU ALTERNATIVES</b> 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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