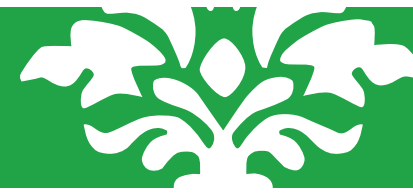


MELROSE GARDENS MENU



February 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>MENU ALTERNATIVES</p> <p>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>THE MONTH OF FEBRUARY IS...</p> <p>American Heart Month Black History Month Canned Food Month Celebration of Chocolate Month Creative Romance Month Grapefruit Month Great American Pies Month National Bake for Family Fun Month National Bird Feeding Month</p> <p>National Cancer Prevention Month National Cherry Month National Embroidery Month National Heart Month National Hot Breakfast Month National Library Lover's Month National Snack Food Month Sweet Potato Month National Weddings Month</p>					<p>BEVERAGES</p> <p>Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water</p> <p>Lunch & Dinner Coffee - Hot Tea Water - Ice Tea Lemonade</p>	<p>1</p> <p>BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Country Vegetable Soup Turkey & Swiss Sandwich, Chips Jello w/Berries/Cream</p> <p>DINNER Creamy Broccoli Potato Soup Grilled Beef Steak, Sliced Tomatoes Steamed Rice, Fresh Carrots Pineapple Cake</p>
<p>2 <i>Groundhog Day</i></p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato Basil Soup, Green Salad Fettuccine Alfredo, Fresh Fruit Cannoli Pudding Parfait</p> <p>DINNER Vegetarian Pasta Soup Parmesan Ranch Chicken Thighs Lemon Rice, Green Beans, Dinner Rolls Pudding Pie</p>	<p>3</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato Basil Soup Mediterranean Chicken Salad Fresh Bread, Fruit Slices</p> <p>DINNER Lentil Soup, Macaroni & Cheese Steamed Broccoli Green Salad Banana Pudding</p>	<p>4</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Split Pea Soup Ham/Turkey Caesar Wrap Steamed Vegetables, Brownie Pie</p> <p>DINNER Cream of Mushroom Soup Meat Loaf, Pasta w/Butter Sauce Zucchini w/Onions, Apple Pie</p>	<p>5</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Chef's Special</p> <p>DINNER Chicken Noodle Soup Mongolian Pork Stir Fry, Brown Rice Egg Roll, Almond Cookie</p>	<p>6</p> <p>BREAKFAST French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Cream of Potato Soup, Chef's Salad Fresh Rolls, Fruit Medley Sugar Cake Cookies</p> <p>DINNER Minestrone Soup Spaghetti with Meatballs Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>7</p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Navy Bean Soup, Vegetable Lasagna Fresh Bread, Green Salad Ice Cream</p> <p>DINNER Turmeric Chicken Soup, Green Salad Baked Salmon, Lemon Dill Rice Zucchini, Fresh Rolls, Apple Pie</p>	<p>8</p> <p>BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH White Bean Soup, Fried Chicken Cutlets Mashed Potatoes, Peas & Carrots Peach Cobbler</p> <p>DINNER Quiche, Salad Dinner Rolls Chocolate Chip Cookies</p>	
<p>9</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH 3-Bean Soup, Breaded Pork Chops Garden Salad, Fresh Bread Cream Puffs</p> <p>DINNER Curry Vegetable Cream Soup Lamb Roast w/Grilled Onions Lentils & Brown Rice Steamed Green Beans, Pudding w/Cream</p>	<p>10</p> <p>BREAKFAST Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Clam Chowder, Grilled Fish Fillet Steamed Vegetables, Fresh Bread Chocolate Chip Cookies</p> <p>DINNER Hearty Vegetable Soup Salisbury Steak Mashed Potatoes, Brussel Sprouts Yellow Cake w/Chocolate Frosting</p>	<p>11</p> <p>BREAKFAST Fried Egg, Bran Muffin Oatmeal, Fresh Fruit, Prunes</p> <p>LUNCH Garden Vegetable Soup Gourmet Cheeseburger Coleslaw, French Fries Jello w/Fruit</p> <p>DINNER Vegetable Soup w/Barley Pepper Chicken w/Rice, Green Beans Salad, Pumpkin Layer Pie</p>	<p>12</p> <p>BREAKFAST Eggs any Style, Toast, Hash Browns Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Chef's Special</p> <p>DINNER Clam Chowder, Garden Salad Breaded Tilapia, Creamy Barley w/Caramelized Onions, Mushroom, Zucchini & Eggplant Medley, Ice Cream</p>	<p>13</p> <p>BREAKFAST Biscuits with Gravy, Home-Style Potatoes w/Onions & Peppers, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Tomato Vegetable Soup Caesar Salad Wrap, Potato Salad Chocolate Cheesecake</p> <p>DINNER Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake</p>	<p>14 <i>Valentine's Day</i></p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Home Style Potatoes</p> <p>LUNCH Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato Vegetable Pasta Soup Grilled Cheese Sandwich Sliced Vegetables, Lemon Pie Bars</p> <p>CANDLELIGHT DINNER Menu will be posted</p>	<p>15</p> <p>BREAKFAST Eggs Scrambled w/Peppers/Onions Hot & Cold Cereal, Toast Fresh Fruit, Prunes</p> <p>LUNCH 3 Bean Soup, Chicken Cobb Salad Fresh Bread Yellow Cake w/Fresh Berries</p> <p>DINNER Resident Choice</p>	
<p>16</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Lentil Soup Pesto Turkey Sandwiches, Pasta Salad Jello w/Berries/Cream</p> <p>SOUL FOOD SUNDAY DINNER in Celebration of Black History Month</p>	<p>17 <i>President's Day</i></p> <p>BREAKFAST Pancakes, Fried Eggs, Blueberry Muffins Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>PRESIDENT'S DAY BBQ</p> <p>DINNER Chicken Rice Soup, Goulash Green Salad, Sourdough Garlic Bread Cherry Pie</p>	<p>18</p> <p>BREAKFAST Fried Egg, Blueberry Muffin Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Shrimp Bok Choy Soup Pork Fried Rice w/Egg Rolls Pickled Vegetables, Jello Mousse</p> <p>DINNER Cabbage Potato Soup, Baked Chicken Breast, White Wine & Mushroom Garlic Sauce, Sautéed Vegetable Medley Chocolate Cake</p>	<p>19</p> <p>BREAKFAST Eggs any Style, Toast, Hash Browns Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Chef's Special</p> <p>DINNER Chicken Noodle Soup Caprese Chicken Breast w/Pasta Green Salad, Dinner Roll Oatmeal Apple Pie</p>	<p>20</p> <p>BREAKFAST Biscuits with Gravy, Home-Style Potatoes w/Onions & Peppers, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Sausage Vegetable Soup Chicken Pizza, Salad Lemon Pudding Cups</p> <p>DINNER Minestrone Soup, Spaghetti w/Meat Balls Garlic Bread, Sautéed Zucchini Dinner Roll, Vanilla Sponge Cake</p>	<p>21</p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Home Style Potatoes</p> <p>LUNCH Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Potato Soup, Turkey Salad Sandwich, Fries Pickles, Garden Salad, Buttermilk Cake</p> <p>DINNER Vegetable Soup, Grilled White Fish Red Onion, Tomato & Cucumber Salad Brown Rice, Vanilla Pudding w/Whipped Cream/Blueberries</p>	<p>22</p> <p>BREAKFAST Eggs Scrambled w/Peppers/Onions Hot & Cold Cereal, Toast Fresh Fruit, Prunes</p> <p>LUNCH Zucchini & White Bean Soup Italian Chopped Salad, Fresh Bread Puff Pastry Squares w/Fruit & Cream</p> <p>DINNER Resident Choice</p>	
<p>23</p> <p>BREAKFAST Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Tomato & Cannelloni Bean Soup Pastrami Sandwich, Fruit Medley</p> <p>SOUL FOOD SUNDAY DINNER in Celebration of Black History Month</p>	<p>24</p> <p>BREAKFAST Pancakes, Eggs any Style Homestyle Potatoes, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Carrot Soup, Old Fashioned Turkey Wrap Potato Salad, Ice Cream</p> <p>DINNER Cream of Broccoli Soup, Beef Fajitas Black Beans, Spanish Rice Banana Pudding w/Churro Topping</p>	<p>25 <i>Mardi Gras</i></p> <p>BREAKFAST Fried Egg, Cranberry Orange Muffin Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Enchiladas w/Green Sauce Rice, Beans, Salad, Ice Cream Sundae</p> <p>MARDI GRAS DINNER Jambalaya + Party Wings Steamed Vegetables, Brown Rice 3 Kings Cake</p>	<p>26 <i>Ash Wednesday</i></p> <p>BREAKFAST Eggs any Style, Toast, Hash Browns Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Chef's Special</p> <p>DINNER Cauliflower Cheese Soup Grilled Steak, Rice Pilaf, Creamed Spinach, Green Salad, Sourdough Bread</p>	<p>27</p> <p>BREAKFAST Biscuits with Gravy, Home-Style Potatoes w/Onions & Peppers, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Tomato Soup, Corned Beef Cabbage, Carrots, Potatoes Sliced Vegetables, Rye Bread Sliced</p> <p>DINNER Minestrone Soup, Spaghetti w/Meat Balls Green Salad, Cannoli</p>	<p>28</p> <p>BREAKFAST Pancakes, Eggs any Style, Toast Home Style Potatoes</p> <p>LUNCH Hot & Cold Cereal, Fresh Fruit, Prunes</p> <p>LUNCH Carrot Soup, Fish & Chips Cole Slaw, Carmel Pudding</p> <p>DINNER Potato Cheese Soup Fettuccine Alfredo w/Chicken Strips Green Salad, French Bread Oatmeal Cake w/Berry Syrup</p>	<p>29</p> <p>BREAKFAST Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes</p> <p>LUNCH Country Vegetable Soup Turkey & Swiss Sandwich, Chips Jello w/Berries/Cream</p> <p>DINNER Soup- Chinese Vegetable Chicken Chow Mein Egg Roll, Salad Ice cream</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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