

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	BREAKFAST 1 Pancakes, Eggs Any Style, Hot & Cold Cereal Fresh Fruit, Prunes, Cottage Cheese LUNCH Matzo Ball Chicken Soup, Potato Pancakes Tossed Salad, Sugar Cookies DINNER Onion Soup, Deli Plate Pudding, Fresh Fruit	BREAKFAST 2 French Toast, Eggs Any Style Hot & Cold Cereal, Eggs any Style, Fresh Fruit LUNCH Split Pea & Barley Soup, Chicken Breast Wrap Chips, Bean Salad, Pudding DINNER Vegetable Rice Soup, Veggie Burger's Green Beans, Roasted Potatoes Ice Cream Groundhog Day	BREAKFAST 3 Eggs Any Style, Toast, Turkey Sausage, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Roasted Vegetable Soup Fish with Sautéed Onions Rice Pilaf, Cucumber Salad, Apple Tart DINNER Grilled Cheese, Tomato Soup Fries, Fruit Slice Cookie	BREAKFAST 4 Pancakes, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Carrot Soup, Meatloaf, Gravy, Vegetables Baked Potato Chocolate Chocolate Cake DINNER Minestrone Soup, Spaghetti & Meat Balls Side Salad, Garlic Knots Ice Cream Sundaes	BREAKFAST 5 Eggs Any Style, Toast, Hash Browns Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Matzo Ball Soup New Year's Day Brunch DINNER Lentil Soup, Reuben Melt, Fries Ice Cream Sundaes	BREAKFAST 6 Toast, Cream of Wheat, Hash Browns Eggs Any Style, Meat, and Fruit LUNCH Fresh Vegetable Soup Balsamic Chicken & Feta with Pasta Pita and Dill Dip, Fresh Fruit DINNER Tomato Soup, Tuna Salad, Stuffed Peppers Cheese Bread, Strawberry Pudding	
	BREAKFAST 7 Bagel, Eggs Any Style, Hot & Cold Cereal Fresh Fruit, Prunes, Yogurt LUNCH Vegetable Barley Soup, Beef Meatloaf Spinach, Rice, Banana Muffin DINNER Vegetable Barley Soup, Roasted Chicken Sweet Potatoes Vegetables, Fresh Fruit	BREAKFAST 8 Oatmeal, Pancakes, Eggs Any Style, Meat, and Fruit LUNCH Noodle Soup, Lemon Tuna Cakes Roasted Potatoes, Vegetables Fresh Fruit DINNER Onion Soup, Gourmet Egg Sandwich Cole Slaw, Fresh Fruit	BREAKFAST 9 Cream of Wheat, Raisin Bread Eggs Any Style, Meat, and Fruit LUNCH Vegetable Soup, Baked Chicken Legs Garlic Mashed Potato, Summer Squash Yellow Cake with Buttercream Frosting DINNER White Bean Soup, Roast Beef Brown Rice, Green Bean Salad Cookies	BREAKFAST 10 Cinnamon Rolls, Cream of Wheat Eggs Any Style, Meat, and Fruit LUNCH Onion Soup, Veggie Burger Baked Sweet Potato, Steamed Broccoli Peach Pudding DINNER Vegetable Soup Chicken Stir Fry, Tossed Salad, Fresh Fruit	BREAKFAST 11 Muffins, Cream of Wheat, Home Fries Eggs Any Style, Meat, and Fruit LUNCH Carrot Soup, Beef with Vegetables Orzo Pasta, Yogurt Parfait DINNER White Bean Soup, Baked Ziti with Meat Sauce Green Beans, Garlic Bread Chef's Dessert	BREAKFAST 12 Muffins, Oatmeal, Hash Browns Eggs Any Style, Meat, and Fruit LUNCH Clam Chowder, Baked Mushroom Chicken Rice, Vegetables, Dinner Roll Jello & Cream DINNER Soy Noodle Soup Turkey on Rye, Chips Fresh Fruit Chinese New Year (Year of the Ox)	BREAKFAST 13 Pancakes, Cream of Wheat, Eggs Any Style, Meat, and Fruit LUNCH Vegetable Tomato Soup, Chicken Salad Deli Plate, Pumpkin Bar DINNER Vegetable Soup, Beef Tips with Mushrooms Egg Noodles, Green Beans, Fresh Sliced Fruit
	BREAKFAST 14 Cream of Wheat, Beef Sausage Eggs Any Style, Meat, and Fruit LUNCH Broccoli Soup, Chicken & Zucchini, Rice Bean Salad, Garlic Bread DINNER Lentil Vegetable Soup, Green Salad Zucchini Ground Turkey Cheese Pasta Ice Cream Fruit Crisp Valentine's Day	BREAKFAST 15 Muffins, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Noodle Vegetable Soup, Cheese Burger, Fries Lettuce, Chocolate Chip Cookie DINNER Cream of Broccoli Soup Seasoned Baked Fish Barley Pilaf, Spinach Side Salad Pineapple Coconut Cookies Presidents' Day	BREAKFAST 16 French , Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Creamy Butternut Squash Soup Barbecue Chicken Salad Sliced Fruit & Fresh Bread, Pudding DINNER Vegetable Cream Soup Baked Lemon Fish & Rice with Vegetables Garlic Bread, Pineapple Sherbet Mardi Gras	BREAKFAST 17 Muffins, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Beef Noodle Soup, Turkey Salad Wrap Chips, Sliced Oranges, Plum Crisp DINNER Noodle Vegetable Soup Brown Sugar Glazed Meatloaf Brown Rice Florentine, Pumpkin Custard	BREAKFAST 18 Oatmeal Hash Browns Eggs Any Style, Meat, and Fruit LUNCH Split Pea Soup, Turkey & Cheese Sandwich Chips, Sliced Fruit DINNER Vegetable Soup, Spaghetti & Meatballs Green Beans, Garlic Bread, Cake	BREAKFAST 19 Cream of Wheat, Hash Browns Eggs Any Style, Meat, and Fruit LUNCH Split Pea Soup, Pesto Chicken Sandwich, Sliced Tomato, Lettuce, Chips Vanilla Bean Shortbread Cookie DINNER Vegetable Soup, Turkey on Rye, Chips Fresh Fruit	BREAKFAST 20 Oatmeal, Bagels & Lox Eggs Any Style, Meat, and Fruit LUNCH Chicken Tortilla Soup, Vegetable Enchiladas Rice, Beans DINNER Fried Fish, Green Salad Fresh Dinner Rolls Chocolate Cupcake
	BREAKFAST 21 Assorted Toast ,Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Vegetable Soup, Tender Beef Gravy, Rice, Vegetables, Pudding DINNER Vegetable Soup, Pasta Chicken Cacciatore, Vegetables Plum Pudding	BREAKFAST 22 English Muffin, Sliced Turkey, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Clam Chowder, Fried Fish, Potato Salad Greens, Garlic Bread, Chefs Dessert DINNER Vegetable Soup, Grilled Turkey & Tomato Sandwich, Chips, Jello & Fruit	BREAKFAST 23 French Toast, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH French Onion Soup, Salisbury Steak Rice & Mushroom Sauce, Steamed Vegetables, Fresh Bread, Chef's Choice Dessert DINNER Cream of Broccoli Soup, Chicken Salad Baked Potato, Sliced Bread Chocolate Mousse	BREAKFAST 24 Biscuits Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Chicken Noodle Soup, Glazed Carrots Pasta Salad, Sliced Fruit Dinner Vegetable Tomato Soup, Veggie Patty with Cheese Sauce Roasted Potato, Broccoli, Sliced Bread Cheesecake with Fruit	BREAKFAST 25 English Muffins, Bacon, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Open Face Turkey Sandwich Navy Bean Soup, Mashed Potatoes DINNER Italian Feast Soup, Pasta with Two Sauces Caesar Salad & Garlic Bread Tiramisu Purim Begins	BREAKFAST 26 Bagels & Lox, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Matzo Ball Soup Deli Plate, Fresh Fruit DINNER Clam Chowder Baked Fish with Peppers Rice & Salad, Ice Cream	BREAKFAST 27 Coffee Cake, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Cheese Potato Soup Chicken Fried Rice, Egg Rolls , Cucumber Salad, Pie DINNER Vegetable Soup, Grilled Cheese & Tomato Vegetable Stir Fry, Garlic Bread, Plum Cobbler
	BREAKFAST 28 Muffin, Turkey Sausage, Eggs Any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Sliced Beef & Gravy, Mixed Vegetables Chocolate Sugar Cookies DINNER Creamy Broccoli, Barbecue Chicken Quarters Parmesan Pasta, Cabbage Corn Bread, Sliced Melon						

Dining Hours | Breakfast from 7:30am to 9:30am | Lunch from 11:30am to 1:30pm | Dinner from 4:30pm to 6:30pm
 Menu Subject to Change Based on Seasonal Food Availability

We prepare our menu with no added salts or sugars.
 Melrose Gardens License: 197609830/197609896