

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
BREAKFAST Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes, Yogurt LUNCH Lentil Collard Green Soup Pot Roast with Gravy Roasted Potatoes, Corn & Peppers Fruit Pie with Cream DINNER Vegetable Barley Soup, Roasted Chicken, Barley Pilaf with Vegetables Peanut Butter Mousse Daylight Saving Time Ends	BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes, Cottage Cheese LUNCH Vegetable Soup Grilled Fish with Lemon Sauce, Egg Noodles and Grilled Vegetables, Jello & Cream DINNER Tomato Soup, Deli Meat Plate, Chips, Carrot Raisin Salad Apple Pie	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Eggs any Style, Fresh Fruit, LUNCH Split Pea & Barley Soup Stuffed Zucchini, Egg Noodles Side Salad, Bread Chocolate Chip Pudding DINNER Vegetable Rice Soup Slow Roasted Turkey Breast Steamed Spinach, Mashed Potatoes Fresh Fruit	BREAKFAST Eggs Any Style, Toast, Turkey Sausage, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Roasted Vegetable Soup Sliced Beef with Sautéed Onions, Steamed Rice with Vegetables, Coconut Cookie DINNER Bok Choy Noodle Soup Fried Rice with Chicken Egg Rolls, Cucumbers Sliced Pineapple Cake	French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Spinach Soup Pastrami Sandwich Kraut, Chips, Fresh Fruit DINNER Minestrone Soup Spaghetti & Meat Balls Side Salad Parmesan Flatbread Ice Cream Sundaes	Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes Lunch Country Style Soup Fish Fillet with Caper Sauce Scalloped Potatoes, Broccoli Fruit DINNER Matzo Ball Soup Egg Salad Sandwich, Apple Salad Lettuce, Pickles, Chips Vanilla Pudding with Bananas	Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Fresh Vegetable Soup Orange Chicken, Rice, Sliced Cucumbers Jello & Cream DINNER Tomato Soup Gourmet Cheeseburger, Fries, Lettuce & Tomato Sliced Strawberry Frosted Cupcakes	
BREAKFAST Cream of Wheat, Beef Sausage Eggs Any Style, Meat, and Fruit LUNCH Broccoli Soup Chicken & Zucchini Alfredo Side Salad, Garlic Bread, Chefs Pudding DINNER Country Lentil Vegetable Soup Creamy Turkey & Spinach Enchiladas Green Salad Lemon Cream Pie	BREAKFAST Oatmeal, Pancakes, Eggs Any Style, Meat, and Fruit LUNCH Brown Rice Soup CaGourmet Pizza's, & Parsley Bean Salad, Sweet Potato Cake Muffins DINNER Onion Soup Tuna Sandwich Chips, Fruit, Oatmeal Cranberry Cookie	BREAKFAST Cream of Wheat, Raisin Bread Eggs Any Style, Meat, and Fruit LUNCH Brown Rice Soup Tender Sliced Beef with Barbecue Sauce Cole Slaw & Baked Beans, Yellow Cake with Buttercream Frosting DINNER Onion Soup Pesto Vegetable Lasagna, Green Salad, Bread, Ice Cream Sundaes	BREAKFAST Cream of Wheat, Bran Muffins Eggs Any Style, Meat, and Fruit LUNCH White Bean Soup Baked White Wine Chicken, Rice, Vegetables Chef's Cookies DINNER Soup, Chef's Salad, Garlic Bread, Fresh Fruit Veterans Day	BREAKFAST Cream of Wheat, Home Fries Eggs Any Style, Meat, and Fruit LUNCH Miso Soup Fried Cod, Asian Slaw, Lemon Pepper French Fries (Fresh) Apple Pie with Ice Cream DINNER White Bean Soup Baked Ziti with Meat Sauce Green Beans, Garlic Bread, Chocolate Mousse	BREAKFAST Oatmeal, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Matzo Ball Soup Corned Beef & Cabbage Rye Bread, Vegetables, Jello & Cream DINNER Onion Soup Baked Chicken, Scalloped Potatoes Peas & Onion, Fresh Roll Ambrosia Dessert Salad	BREAKFAST Cream of Wheat, Fried Eggs, Salad Eggs Any Style, Meat, and Fruit LUNCH Vegetable Tomato Soup Gourmet Grilled Cheese Sandwich, Pasta Salad Chocolate Chip Cookie Bar DINNER Tomato Vegetable Soup Turkey Taco's Salsa & Flour Tortilla Chips Fruit & Yogurt Parfait with Granola	
BREAKFAST Assorted Toast ,Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Vegetable Soup Fried Chicken, Mac & Cheese, Salad, Corn Bread, Fruit DINNER Lentil Soup Roast Beef, Egg Noodles , Parsley Carrots Caesar Salad, Chocolate Cake	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Sesame Noodle Vegetable Soup Vegetable Egg, Shrimp Fried Rice, Egg Rolls, Green Salad Almond Cookie DINNER Vegetable Soup Corn Beef Sandwiches, Fruit Salad, Chips Pineapple Sherbet	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Creamy Pumpkin & Squash Soup Barbecue Chicken Salad, Fruit & Fresh Bread, Pudding DINNER Vegetable Cream Soup Lemon Ginger Fish & Vegetables, Garlic Bread Pineapple Sherbet	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Beef Noodle Soup Turkey Wrap, Chips Bread , Fresh Fruit DINNER Noodle Vegetable Soup Meatloaf & Gravy Brown Rice Florentine Pumpkin Custard	BREAKFAST Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Matzo Ball Soup Vegetable Quiche Apple Sauce and Sliced Fruit, Bread Peanut Butter Creme Cookies DINNER Minestrone Egg Noodle & Meat Sauce Side Salad with Oranges Garlic Bread, White Cake	BREAKFAST Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Split Pea Soup Pesto Mayo Mozzarella Chicken Sandwich, Sliced Tomato, Lettuce, Vanilla Bean Shortbread Cookie DINNER White Bean Vegetable Soup Club Sandwich, Fries, Fruit Pie Bar w Ice Cream	BREAKFAST Cream of Wheat, Bagels & Lox Eggs Any Style, Meat, and Fruit LUNCH Chicken Noodle Soup Savory Vegetable Pasta with Hollandaise Sauce Fresh Bread, Green Salad, Maple Pumpkin Cookie DINNER Vegetable Tortilla Soup Beef Tacos, Rice & Black Beans, Salsa & Flour Tortilla Chips, Chef's Special Dessert	
BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH French Onion Soup Sliced Beef & Cabbage/Onions, Rice & Gravy, Chocolate Sugar Cookies DINNER Creamy Broccoli Barbecue Chicken Quarters, Macaroni & Cheese, Collard Greens Corn Bread, Sliced Melon	BREAKFAST French Toast, 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 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 Seasoned Baked Fish, Barley Pilaf, Spinach Side Salad, Peach Cobbler	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes Lunch Chicken Noodle Soup, Egg Salad Deli Plate, Thanksgiving Dinner Fall Cream Soup Roast Turkey & Gravy Fresh Stuffing Green Bean Casserole Roasted Root Vegetables Pumpkin Pie & Cake with Fruit	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Navy Bean Soup Open Face Turkey Sandwich, Mash Potatoes Gravy, Cranberry Sauce, Ice Cream DINNER Vegetable, Bean, & Barley Soup Spaghetti & Meat Balls Vegetables, Fresh Bread, Chef's Dessert Thanksgiving Day (US)	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Pumpkin Cream Soup Beef Patty, Roasted Potatoes Corn & Onions, Dinner Roll, Milk Shake DINNER Split Pea Soup Grilled Basa Lentils, Green Salad, Fresh Bread, Fruit	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH French Onion Soup Pastrami & Cole Slaw Rye Bread, Sliced Cucumbers Oatmeal Cake with Vanilla Cream DINNER Vegetable, Bean & Barley Soup Chicken & Vegetable Pizza, Side Salad, Jello	
BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Clam Chowder Fried Chicken Breast Potato Salad, Greens, Garlic Bread Chefs Dessert DINNER Vegetable Soup Grilled Turkey & Tomato Sandwich, Chips, Fresh Fruit	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Clam Chowder Fried Fish, Potato Salad, Greens, Garlic Bread & Chefs Dessert DINNER Vegetable Soup Mac & Cheese, Peas & Carrots, Garlic Bread Jello & Fruit	<h1 style="text-align: center;">November Menu</h1> <h1 style="text-align: center;">Happy Thanksgiving!</h1>					

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