

Melrose Meadows Independent Living - Fall 2024

	Sun (1:00 p.m.)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W E E K 1 D I N N E R	<p>Bread Basket</p> <p>Fresh Fruit Salad</p> <p>Chicken & Biscuits Baby Carrots</p> <p>OR</p> <p>Breaded Haddock Filet w/ Tartar & Lemon Rice Pilaf Baby Carrots</p> <p>Strawberry Pretzel</p>	<p>Cracker Basket</p> <p>Tossed Salad w/ Ranch</p> <p>Beef Stroganoff on Noodles Buttered Cabbage</p> <p>OR</p> <p>Fruited Chicken Salad Sandwich Chips Melon</p> <p>Brownie</p>	<p>Cracker Basket</p> <p>Coleslaw</p> <p>Cheeseburger on Bun LTO& Pickle Potato Wedges Grapes</p> <p>OR</p> <p>Pork Cutlet w/ Gravy Mashed Potatoes Corn</p> <p>Carrot Cake</p>	<p>Bread Basket</p> <p>Fall Fruit Lettuce Salad w/Ranch</p> <p>Prime Rib of Beef Baked Potato/Sour Cream Squash</p> <p>OR</p> <p>Tortilla Crusted Tilapia Tartar & Lemon Baked Potato /Sour Cream Squash</p> <p>Cherries Jubilee</p>	<p>Cracker Basket</p> <p>Mushroom Soup</p> <p>Asian Beef Pepper Steak Rice Egg Roll/ Sauce Oriental Vegetables</p> <p>OR</p> <p>White Chicken Chili Cornbread</p> <p>Autumn Apple Dessert</p>	<p>Cracker Basket</p> <p>Deviled Eggs</p> <p>Grilled Salmon w/ Tartar & Lemon Scalloped Potatoes Broccoli</p> <p>OR</p> <p>Hot Turkey & Swiss on Rye Coleslaw Pickle</p> <p>Cookie & Ice Cream</p>	<p>Cracker Basket Tossed Salad w/ Ranch</p> <p>Spaghetti W/ Meatballs Garlic Bread Normandy Vegetables</p> <p>OR</p> <p>Tuna Salad Sandwich Potato Wedges Melon</p> <p>Chocolate Cake</p>
W E E K 2 D I N N E R	<p>Bread Basket</p> <p>Fresh Fruit Salad</p> <p>Roast Turkey Mashed Potatoes & Gravy Stuffing Cranberry Sauce Green Bean Casserole</p> <p>OR</p> <p>Breaded Cod w/ Tartar & Lemon Same Sides</p> <p>Homemade Pumpkin Pie</p>	<p>Cracker Basket</p> <p>Greek Salad</p> <p>Pesto Shrimp On Buttered Linguine Normandy Vegetables</p> <p>OR</p> <p>Chicken Cordon Bleu Sour Cream & Chive Mashed Potatoes Normandy Vegetables</p> <p>Tiramisu</p>	<p>Cracker Basket</p> <p>French Onion Soup</p> <p>Honey Garlic Pork Chop Home Fries Roasted Carrots</p> <p>OR</p> <p>Spinach Florentine Frittata Fresh Fruit Sausage Patty</p> <p>Peach Cobbler</p>	<p>Bread Basket</p> <p>Roquefort Pear Lettuce Salad</p> <p>Beef Tenderloin Steak Twice Baked Potato Casserole Creamed Peas</p> <p>OR</p> <p>Potato Crusted Cod w/ Tartar & Lemon Same Sides</p> <p>Homemade Cream Puffs</p>	<p>Cracker Basket</p> <p>Raisin Broccoli Salad</p> <p>Meatloaf Mashed Potatoes & Gravy Harvard Beets</p> <p>OR</p> <p>Pepperoni & Sausage Pizza Garlic Breadstick Fruit Garnish</p> <p>Cookie & Ice Cream</p>	<p>Cracker Basket</p> <p>Hot Spinach Dip w/ Chips</p> <p>Sweet-n-Sour Chicken Rice Egg Roll/Sauce Key West Vegetables</p> <p>OR</p> <p>Hushpuppy Crusted Catfish w/ Tartar & Lemon Same Sides</p> <p>Boston Cream Pie</p>	<p>Cracker Basket</p> <p>Tossed Salad w/ Ranch</p> <p>Pork Roast Baked Sweet Potato Corn</p> <p>OR</p> <p>Parmesan Tilapia Filet w/ Tartar & Lemon Same Sides</p> <p>Cheesecake</p>

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	Sun (1:00 p.m.)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W E E K 3 D I N N E R	<p>Bread Basket</p> <p>Fresh Fruit Cup</p> <p>Pot Roast Mashed Potatoes & Gravy Squash</p> <p>OR</p> <p>Crab Cakes Same Sides</p> <p>Dutch Apple Pie</p>	<p>Crackers</p> <p>Tossed Salad w/ Ranch</p> <p>Meat Lasagna Garlic Breadstick Green Beans w/ Bacon & Onions</p> <p>OR</p> <p>Chicken Tenders w/ Honey Mustard Sauce Potato Wedges Green Beans w/ Bacon & Onions</p> <p>Cookie & Ice Cream</p>	<p>Crackers</p> <p>Relish Plate w/ Ranch</p> <p>Garlic & Mushroom Pork Chop Mashed Potatoes Mixed Vegetables</p> <p>OR</p> <p>Seafood Bisque Egg Salad Croissant</p> <p>Banana Split</p>	<p>Bread Basket</p> <p>Almond Strawberry Lettuce Salad</p> <p>Beef Tenderloin Medallions Mashed Yukon Gold Potatoes & Gravy Roasted Vegetables</p> <p>OR</p> <p>Artichoke Chicken Breast Same Sides</p> <p>Chocolate Lava Cake</p>	<p>Crackers</p> <p>Caesar Salad</p> <p>Pasta Bake Garlic Bread Peas & Onions</p> <p>OR</p> <p>Grilled Cheese Sandwich Tomato Soup</p> <p>Cherry Pie</p>	<p>Crackers</p> <p>Sliced Apples w/ Caramel Dip</p> <p>Grilled Lime Salmon Filet w/Tartar & Lemon Scalloped Potatoes Baby Carrots</p> <p>OR</p> <p>Taco Salad w/ Salsa, Sour Cream & Ranch</p> <p>Rhubarb Crisp</p>	<p>Crackers</p> <p>Meat & Cheese Plate</p> <p>Crispy Chicken Breast w/ Country Gravy Baked Potato/ SC Corn</p> <p>OR</p> <p>Hot Dog on Bun Chips Fresh Fruit</p> <p>Mint Pie</p>
W E E K 4 D I N N E R	<p>Bread Basket</p> <p>Watermelon</p> <p>Ham w/ Pineapple Glaze Vermont Macaroni & Cheese Baby Carrots</p> <p>OR</p> <p>Crispy Cod w/ tartar & lemon Same sides</p> <p>Pumpkin Bar</p>	<p>Crackers</p> <p>Tossed Salad w/ Ranch</p> <p>Cranberry Chicken Thighs Scalloped Potatoes Corn O'Brien</p> <p>OR</p> <p>Seafood Alfredo on Noodles Corn O'Brien</p> <p>Peach Pie</p>	<p>Crackers</p> <p>Coleslaw</p> <p>Hamloaf Baked Sweet Potato Steamed Broccoli</p> <p>OR</p> <p>Beef Tips In Gravy On Mashed Potatoes Steamed Broccoli</p> <p>Homemade Éclair</p>	<p>Bread Basket</p> <p>Shrimp Cocktail</p> <p>Beef Tenderloin Steak Roasted Potatoes, Carrots and Onions</p> <p>OR</p> <p>Herb Crusted Tilapia Fish Filet w/ Tartar & Lemon Same Sides</p> <p>Apple Pie</p>	<p>Crackers</p> <p>Tomato Basil Soup</p> <p>Swiss Sherry Chicken Breast Au Gratin Potatoes Buttered Cabbage</p> <p>OR</p> <p>Pork Roast w/ Gravy Same Sides</p> <p>Ice Cream Treat</p>	<p>Crackers</p> <p>Tossed Salad w/ Cranberries, Feta & Almonds</p> <p>Cheese Ravioli Garlic Breadstick Normandy Vegetables</p> <p>OR</p> <p>Beef Stew Biscuit</p> <p>Cookie & IC</p>	<p>Crackers</p> <p>Fresh Fruit Salad Chicken & Noodles Roasted Carrots & Onions</p> <p>OR</p> <p>French Dip Sandwich Potato Wedges</p> <p>Fruits of the Forest Pie</p>