

Melrose Meadows Assisted Living

Fall 2024 — Week 1 (milk served at all meals)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>B R E A K F A S T</i>	Assorted Fruits & Juices Hot & Cold Cereal Cheesy Scrambled Eggs Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes Sausage Patty Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Waffle Corned Beef Hash Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake Grilled Ham Slice Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Biscuits & Gravy Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal French Toast Sausage Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Quiche & Bacon Breakfast Breads & Pastries Milk
<i>N O O N</i> <i>M E A L</i>	Bread Basket Fresh Fruit Salad Chicken & Biscuits Baby Carrots OR Breaded Haddock Filet Rice Pilaf w/ Tartar & Lemon Same Sides Strawberry Pretzel Dessert	Fresh Fruit Cup Spaghetti Garlic Bread Corn OR Chicken & Rice Soup Ham Sandwich Cookie & Ice Cream	Cottage Cheese & Pears Pizza Green Beans OR Beer Cheese Soup Dinner Roll Cookie & Ice Cream	Applesauce Chicken Tenders French Fries Melon Slice OR Chili Cornbread Cookie & Ice Cream	Melon Cup Chicken Patty On Bun Lettuce, Tomato & Onion Corn OR Beef Barley Soup Tuna Salad Sandwich Cookie & Ice Cream	Mandarin Oranges Meatloaf Mashed Potatoes & Gravy Green Beans OR Turkey Noodle Soup Grilled Cheese Cookie & Ice Cream	Jell-0 Pork Tenderloin (Lettuce, Tomato, Onion) Chips Fruit Garnish OR Soup Du Jour Chicken Salad on Lettuce Cookie & Ice Cream
<i>E V E N I N G</i>	Peaches Hot Dog on Bun Melon Wedge French Fries OR Soup Biscuit Root Beer Float	Cracker Basket Tossed Salad w/ Ranch Beef Stroganoff on Noodles Buttered Cabbage OR Fruited Chicken Salad Sandwich Chips & Melon Brownie	Cracker Basket Coleslaw Cheeseburger on Bun Lettuce, Tomato, Onion & Pickle Potato Wedges Grapes OR Pork Cutlet w/ Gravy Mashed Potatoes Corn Carrot Cake	Bread Basket Fall Fruit Lettuce Salad W/ Ranch Prime Rib of Beef Baked Potato/Sour Cream Squash OR Tortilla Crusted Tilapia w/ Tartar & Lemon Cherries Jubilee	Cracker Basket Mushroom Soup Asian Beef Pepper Steak Rice Egg Roll/ Sauce Oriental Vegetables OR White Chicken Chili Cornbread Autumn Apple Dessert	Cracker Basket Deviled Eggs Grilled Salmon w/ Tartar & Lemon Scalloped Potatoes Broccoli OR Hot Turkey & Swiss on Rye Coleslaw Pickle Cookie & Ice Cream	Cracker Basket Tossed Salad w/ Ranch Spaghetti W/ Meatballs Garlic Bread Normandy Vegetables OR Tuna Salad Sandwich Potato Wedges Melon Chocolate Cake

Melrose Meadows Assisted Living
Fall 2024 - Week 2 (milk served at all meals)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>B R E A K F A S T</i>	Assorted Fruits & Juices Hot & Cold Cereal Cheesy Scrambled Eggs Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes Sausage Patty Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Waffle Corned Beef Hash Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake Grilled Ham Slice Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Biscuits & Gravy Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal French Toast Sausage Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Quiche Bacon Breakfast Breads & Pastries Milk
<i>N O O N</i>	Bread Basket Fresh Fruit Salad Roast Turkey Mashed Potatoes & Gravy Stuffing Cranberry Sauce Green Bean Casserole OR Breaded Cod w/ Tartar & Lemon Same Sides Homemade Pumpkin Pie	Watermelon Tuna & Noodles Baby Carrots OR Creamy Potato Soup Turkey Sandwich Cookie & Ice Cream	Jell-0 Soft Shell Taco Lettuce, Tomatoes & Sour Cream Spanish Rice OR Chicken Noodle Soup Ham Salad Sandwich Cookie & Ice Cream	Yogurt Chicken Chow Mein Rice Egg Roll/ Sauce OR Chili Cornbread Cookie & Ice Cream	Pears Beef Stroganoff on Noodles Peas & Carrots OR Beef Barley Soup Grilled Ham & Cheese Cookie & Ice Cream	Fresh Fruit Pizza Riviera Vegetables OR Chicken & Rice Soup Turkey Sandwich Cookie & Ice Cream	Cottage Cheese Fish Filet Cheddar Biscuit Steamed Vegetables OR Soup Du Jour Cheddar Biscuit Cookie & Ice Cream
<i>E V E N I N G</i>	Pears Patty Melt On Rye French Fries Pickle OR Soup Du Jour Biscuit Cookie & Ice Cream	Cracker Basket Greek Salad Pesto Shrimp On Buttered Linguine Normandy Vegetables OR Chicken Cordon Bleu Sour Cream & Chive Mashed Potatoes Normandy Vegetables Tiramisu	Cracker Basket French Onion Soup Honey Garlic Pork Chop Home Fries Roasted Carrots OR Spinach Florentine Frittata Fresh Fruit Sausage Patty Peach Cobbler	Bread Basket Roquefort Pear Lettuce Salad Beef Tenderloin Steak Twice Baked Potato Casserole Creamed Peas OR Potato Crusted Cod w/ Tartar & Lemon Same Sides Homemade Cream Puffs	Cracker Basket Raisin Broccoli Salad Meatloaf Mashed Potatoes & Gravy Harvard Beets OR Pepperoni & Sausage Pizza Garlic Breadstick Fruit Garnish Cookie & Ice Cream	Cracker Basket Hot Spinach Dip w/ Chips Sweet-n-Sour Chicken Rice Egg Roll/Sauce Key West Veg. OR OR Hushpuppy Crusted Catfish w/ Tartar & Lemon Same Sides Boston Cream Pie	Cracker Basket Tossed Salad w/ Ranch Pork Roast Baked Sweet Potato Corn OR Parmesan Tilapia Filet w/ Tartar & Lemon Same Sides Cheesecake

Melrose Meadows Assisted Living
Fall 2024 - Week 3 (Milk served at all meals)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>B R E A K F A S T</i>	Assorted Fruits & Juices Hot & Cold Cereal Cheesy Scrambled Eggs Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes Sausage Patty Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Waffle Corned Beef Hash Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake Grilled Ham Slice Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Biscuits & Gravy Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal French Toast Sausage Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Quiche Bacon Breakfast Breads & Pastries Milk
<i>N O O N</i> <i>M E A L</i>	Bread Basket Fresh Fruit Salad Pot Roast Mashed Potatoes & Gravy Squash OR Crab Cakes Same sides Dutch Apple Pie	Fresh Fruit Cup Grilled Chicken Breast Baked Potato/Sour Cream Corn OR Cheesy Potato Soup Turkey Sandwich Cookie & Ice Cream	Jell-0 Beef Burrito Lettuce & Tomatoes Spanish Rice OR Tomato Soup Cornbread Cookie & Ice Cream	Applesauce Cheeseburger/LTO Chips & Melon OR Chili Cornbread Cookie & Ice Cream	Banana Meatloaf Mashed Potatoes/Gravy Green Beans OR Chicken & Rice Soup Egg Salad Sandwich Cookie & Ice Cream	Fresh Fruit Breaded Fish w/ tartar & lemon Fries Sliced Tomatoes OR Sloppy Joe Sandwich Vegetable Soup Cookie & Ice Cream	Mandarin Oranges Swiss Steak w/ Tomatoes & Onions Squash OR Soup Du Jour Ham Salad Sandwich Cookie & Ice Cream
<i>E V E N I N G</i>	Fruit Scalloped Potatoes/ Ham Green Beans/Bacon OR Soup Du Jour Sandwich Root Beer Float	Crackers Tossed Salad w/ Ranch Meat Lasagna Garlic Breadstick Green Beans w/ Bacon & Onions OR Chicken Tenders w/ Honey Mustard Sauce Potato Wedges Green Beans w/ Bacon & Onions Cookie & Ice Cream	Crackers Relish Plate w/ Ranch Garlic & Mushroom Pork Chop Mashed Potatoes Mixed Vegetables OR Seafood Bisque Egg Salad Croissant Banana Split	Bread Basket Almond Strawberry Lettuce Salad Beef Tenderloin Medallions Mashed Yukon Gold Potatoes & Gravy Roasted Vegetables OR Artichoke Chicken Breast Same Sides Chocolate Lava Cake	Crackers Caesar Salad Pasta Bake Garlic Bread Peas & Onions OR Grilled Cheese Sandwich Tomato Soup Cherry Pie	Crackers Sliced Apples w/ Caramel Dip Grilled Lime Salmon Filet w/Tartar & Lemon Scalloped Potatoes Baby Carrots OR Taco Salad w/ Salsa, Sour Cream & Ranch Rhubarb Crisp	Crackers Meat & Cheese Plate Crispy Chicken Breast w/ Country Gravy Baked Potato/ SC Corn OR Hot Dog on Bun Chips Fresh Fruit Mint Pie

Melrose Meadows Assisted Living
 Fall - 2024 - Week 4 (Milk served at all meals)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>B R E A K F A S T</i>	Assorted Fruits & Juices Hot & Cold Cereal Cheesy Scrambled Eggs Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes Sausage Patty Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Waffle Corned Beef Hash Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake Grilled Ham Slice Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Biscuits & Gravy Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal French Toast Sausage Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Quiche Bacon Breakfast Breads & Pastries
<i>N O O N</i> <i>M E A L</i>	Bread Basket Watermelon Ham w/ Pineapple Glaze Vermont Macaroni & Cheese Baby Carrots OR Crispy Cod w/ tartar & lemon Same sides Pumpkin Bar	Citrus Salad Goulash Mixed Vegetables Watermelon OR Ham & Bean Soup BBQ Pork Sandwich Cookie & Ice Cream	Jell-0 Soft Shell Taco Lettuce, Tomatoes, Salsa & Sour Cream OR Corn Chowder Biscuit Cookie & Ice Cream	Cottage Cheese & Peaches Breaded Fish Filet Rice Pilaf Steamed Broccoli OR Chili Cornbread Cookie & Ice Cream	Mandarin Oranges Creamed Chipped Beef On Toast Mixed Vegetables OR Chicken Noodle Soup Egg Salad Sandwich Cookie & Ice Cream	Yogurt BBQ Meatballs Fruit Garnish Potato Wedges OR Tomato Soup Tuna Salad Sandwich Cookie & Ice Cream	Jell-0 Salisbury Steak Mashed Potatoes & Gravy Corn OR Chicken & Rice Soup Biscuit Cookie & Ice Cream
<i>E V E N I N G</i>	Pears Chicken & Noodles Peas & Carrots Melon OR Soup Du Jour Biscuit Cookie & Ice Cream	Crackers Tossed Salad w/ Ranch Cranberry Chicken Thighs Scalloped Potatoes Corn O'Brien OR Seafood Alfredo on Noodles Corn O'Brien Peach Pie	Crackers Coleslaw Hamloaf Baked Sweet Potato Steamed Broccoli OR Beef Tips In Gravy On Mashed Potatoes Steamed Broccoli Homemade Eclair	Bread Basket Shrimp Cocktail Beef Tenderloin Steak Roasted Potatoes, Carrots and Onions OR Herb Crusted Tilapia Fish Filet w/ Tartar & Lemon Same Sides Apple Pie	Crackers Tomato Basil Soup Swiss Sherry Chicken Breast Au Gratin Potatoes Buttered Cabbage OR Pork Roast w/ Gravy Same Sides Ice Cream Treat	Crackers Tossed Salad w/ Cranberries, Feta & Almonds OR Cheese Ravioli Garlic Breadstick Normandy Vegetables OR Beef Stew Biscuit Cookie & IC	Crackers Fresh Fruit Salad Chicken & Noodles Roasted Carrots & Onions OR French Dip Sandwich Potato Wedges Fruits of the Forest Pie