

Melrose Meadows Independent Living – Winter 2024-2025

	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>Coleslaw</p> <p>Apple & Spice Pork Cornbread Stuffing Green Beans OR Baked Haddock Filet w/ Tartar & Lemon same sides</p> <p>Homemade Pumpkin Pie</p>	<p>Cracker Basket</p> <p>Tuscan White Bean Soup</p> <p>Blackened Salmon w/ Tartar & Lemon</p> <p>Vermont Macaroni and Cheese</p> <p>Broccoli w/ Brown Butter OR Crispy Pork Cutlet w/ Gravy Same Sides</p> <p>Strawberry Sundae</p>	<p>Cracker Basket</p> <p>Individual Cheese Ball</p> <p>White Chicken Enchilada Lettuce, Tomatoes & Sour Cream</p> <p>Spanish Rice</p> <p>OR</p> <p>Cheeseburger on Bun Lettuce, Tomato & Onion</p> <p>French Fries Pickle</p> <p>Date Cake</p>	<p>Bread Basket</p> <p>Winter Fruit Lettuce Salad w/ Poppy Seed Dressing</p> <p>Prime Rib of Beef Baked Potato/Sour Cream</p> <p>Cauliflower w/ Cheese Sauce</p> <p>OR</p> <p>Tortilla Crusted Tilapia w/ Tartar & Lemon</p> <p>French Silk Pie</p>	<p>Cracker Basket</p> <p>Deviled Eggs</p> <p>Pork Roast Mashed Potatoes & Gravy Savory Squash</p> <p>OR</p> <p>Beef Barley Soup Biscuit</p> <p>Fresh Fruit</p> <p>Tiramisu</p>	<p>Cracker Basket</p> <p>Fresh Fruit Cup</p> <p>Breaded Shrimp w/ Sauce & Lemon</p> <p>French Fries Roasted Cabbage OR Grilled Cheese Sandwich Tomato Soup Pickle</p> <p>Cookie & Ice cream</p>	<p>Cracker Basket</p> <p>Tossed Salad w/ Ranch</p> <p>Meat Lasagna Garlic Bread</p> <p>Green Beans w/ Bacon & Onions</p> <p>OR</p> <p>Crispy Cod w/ Tartar & lemon</p> <p>Baked Potato/ SC Green Beans</p> <p>Pecan Pie</p>
W E E K 2 D I N N E R	<p>Bread Basket Ambrosia Salad</p> <p>Roast Turkey Cranberry Sauce Corn Casserole Candied Yams</p> <p>OR</p> <p>Colorado Chicken Same Sides</p> <p>Strawberry Pretzel Dessert</p>	<p>Cracker Basket Broccoli Salad</p> <p>Swedish Meatballs Baked Potato/ Sour Cream Green Bean Casserole</p> <p>OR</p> <p>Sausage & Pepperoni Pizza Green Bean Casserole</p> <p>Cookie & Ice Cream</p>	<p>Cracker Basket Caesar Salad</p> <p>Penne Pasta w/ Vodka Bolognese Sauce Garlic Breadstick Peas & Carrots</p> <p>OR</p> <p>Cowboy Stew Cornbread</p> <p>Apple Pie</p>	<p>Bread Basket Lettuce Salad with Walnuts, Apples and Blue Cheese</p> <p>Beef Tenderloin Steak Twice Baked Potato Casserole</p> <p>Stewed Tomatoes</p> <p>OR</p> <p>Potato Crusted Cod w/ tartar & lemon Same Sides</p> <p>Crème Brulee</p>	<p>Cracker Basket</p> <p>Fresh Fruit Salad</p> <p>Beef Pot Pie Hawaiian Roll</p> <p>OR</p> <p>Broccoli Soup Bourbon Mango Pulled Pork Hawaiian Roll</p> <p>Chocolate Pudding Parfait</p>	<p>Cracker Basket</p> <p>Almond Strawberry Salad</p> <p>Chicken Wings w/ Ranch Potato Salad Green Beans</p> <p>OR</p> <p>Chili Cornbread</p> <p>Apple Cocoa Cake</p>	<p>Cracker Basket Tossed Salad w/ Ranch</p> <p>Chicken Tenders w/ Honey Mustard Sauce</p> <p>Herbed Potatoes & Onions</p> <p>Creamed Spinach w/ Bacon & Onions</p> <p>OR</p> <p>Vegetable Lasagna Same Sides</p> <p>Cookie & Ice Cream</p>

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W E E K 3 D I N N E R	Bread Basket	Crackers	Crackers	Bread Basket	Crackers	Crackers	Crackers
	Cranberry Fluff Salad Pot Roast Mashed Potatoes & Gravy Buttered Corn OR Hushpuppy Crusted Catfish w/ Tartar & Lemon Same Sides Gingerbread Bar	Zuppa Toscana Soup Chicken Marsala On Rice Mixed Vegetables OR Thai Shrimp on Rice Mixed Vegetables Cookie & Ice Cream	Hot Spinach Dip/ Chips Beef Stroganoff Noodles Roasted Carrots OR Quiche Lorraine Sausage Links Fresh Fruit Cream Puff	BLT Lettuce Salad Beef Tenderloin Medallions Mashed Yukon Gold Potatoes & Gravy Corn O' Brien OR Baked Orange Roughy w/ Lemon Hollandaise Sauce Same sides Warm Peach Cobbler	Minestrone Soup Chicken Alfredo On Noodles Riviera Vegetables Garlic Breadstick OR Ham Balls Hashbrown Casserole Riviera Vegetables Pumpkin Cheesecake	Fresh Fruit Plate Salmon Cakes w/ Country Gravy Baked Sweet Potato Cauliflower w/ Cheese Sauce OR Cranberry Pork Cutlet Same Sides Ice Cream Treat	Apple Almond Lettuce Salad BBQ Pulled Pork Sandwich Baked Beans Vinegar Coleslaw OR Boneless Chicken Wings Same Sides Lemon Meringue Pie
W E E K 4 D I N N E R	Bread Basket	Crackers	Crackers	Bread Basket	Crackers	Crackers	Crackers
	Watermelon Meatloaf Baked Potato/ S.C. Baby Carrots OR Baked Tilapia w/ Mango Salsa & Lemon Same Sides Cherry Pie	7 Layer Salad w/ Ranch Cajun Chicken Thighs Roasted Red Potatoes Creamed Spinach OR Beef Stew Biscuit Cheesecake	Split Pea Soup Gumbo Pork Chop Baked Sweet Potato Steamed Broccoli OR Pecan Chicken Salad Croissant Cauliflower Cheese Soup Lemon Dessert	Shrimp Cocktail Beef Tenderloin Steak Baked Potato/ SC Squash OR Turkey Cutlet W Cranberry Sauce Same Sides Dutch Apple Pie	Tossed Salad w/ Ranch Stuffed Peppers w/ Rice & Beef Roasted Corn OR Hushpuppy Crusted Catfish w/ Tartar & Lemon Rice Pilaf Roasted Corn Blueberry Crisp	Fresh Fruit Plate Homestyle Haddock w/ Tartar & Lemon Macaroni & Cheese Roasted Zucchini OR White Chicken Chili Corn Muffin Melon Slice Cake Roll	Relish Plate w/ Ranch Chicken Tenders Fruit Garnish Potato Wedges OR Frankfurter on Bun Fruit Garnish Potato Wedges Cookie & Ice Cream

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