

Melrose Meadows Assisted Living

Winter 2024/2025 - 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 Eggs with Cheese Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes w/syrup Sausage Patty Breakfast Breads & Pastries Milk Milk	Assorted Fruits & Juices Hot & Cold Cereal Waffle Corned Beef Hash Eggs & Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake 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 Coleslaw Apple & Spice Pork Cornbread Stuffing Green Beans OR Baked Haddock Filet w/ Tartar & Lemon same sides Homemade Pumpkin Pie	Fresh Fruit Cup Spaghetti Garlic Bread Green Beans OR Potato Soup Ham Sandwich Cookie & Ice Cream	Cottage Cheese & Pears Chicken Cordon Blue Mashed Potatoes & Gravy Baby Carrots OR Tomato Soup Grilled Cheese Sandwich Cookie & Ice Cream	Applesauce Chicken Tenders French Fries Brussels Sprouts OR Chili Cornbread Cookie & Ice Cream	Fruit Salad Meatloaf Scalloped Potatoes Normandy Vegetables OR Chicken Noodle Soup Turkey Sandwich Cookie & Ice Cream	Mandarin Oranges BBQ Chicken Breast Rice Pilaf Corn O'Brien OR Veggie Beef Soup Biscuit Cookie & Ice Cream	Jell-0 Pork Tenderloin (Lettuce, Tomato, Onion) Chips Fruit Garnish OR Soup Du Jour Dinner Roll Cookie & Ice Cream
<i>E V E N I N G</i>	Peaches Cheeseburger on Bun/ Lettuce, Tomato & Pickle Melon Wedge French Fries OR Soup Du Jour Biscuit Cookie & Ice Cream	Cracker Basket Tuscan White Bean Soup Blackened Salmon w/ Tartar & Lemon Vermont Macaroni and Cheese Broccoli w/ Brown Butter OR Crispy Pork Cutlet w/ Gravy Same Sides Strawberry Sundae	Cracker Basket Individual Cheese Ball White Chicken Enchilada Lettuce, Tomatoes & Sour Cream Spanish Rice OR Cheeseburger on Bun Lettuce, Tomato & Onion French Fries Pickle *** Date Cake	Bread Basket Winter Fruit Lettuce Salad w/ Poppy Seed Dressing Prime Rib of Beef Baked Potato/Sour Cream Cauliflower w/ Cheese Sauce OR Tortilla Crusted Tilapia w/ Tartar & Lemon French Silk Pie	Cracker Basket Deviled Eggs Pork Roast Mashed Potatoes & Gravy Savory Squash OR Beef Barley Soup Biscuit Fresh Fruit Tiramisu	Cracker Basket Fresh Fruit Cup Breaded Shrimp w/ Sauce & Lemon French Fries Roasted Cabbage OR Grilled Cheese Sandwich Tomato Soup Pickle Cookie & Ice cream	Cracker Basket Tossed Salad w/ Ranch Meat Lasagna Garlic Bread Green Beans w/ Bacon & Onions OR Crispy Cod w/ Tartar & lemon Baked Potato/ SC Green Beans Pecan Pie

Melrose Meadows Assisted Living
Winter 2024/2025 - 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 Eggs with Cheese Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes Sausage Links Breakfast Breads & Pastries Milk Milk	Assorted Fruits & Juices Hot & Cold Cereal Waffle Corned Beef Hash Eggs & Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake 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 N M E A L</i>	Bread Basket Ambrosia Salad Roast Turkey Cranberry Sauce Corn Casserole Candied Yams OR Colorado Chicken Same Sides Strawberry Pretzel Dessert	Watermelon Cheeseburger Lettuce, Tomato & Onions Potato Wedges OR Cauliflower Cheese Soup Cornbread Cookie & Ice Cream	Jell-0 Beef Taco Salsa & Sour Cream Spanish Rice OR Chicken & Rice Soup Ham Salad Sandwich Cookie & Ice Cream	Yogurt Chicken & Biscuits Muffin OR Chili Cornbread Cookie & Ice Cream	Pears Pork Tenderloin/ LTO French Fries OR Tomato Soup Grilled Cheese Cookie & Ice Cream	Fresh Fruit Spaghetti w/ Meatballs Riviera Vegetables OR Chicken Tortilla 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 BBQ Riblet Sandwich French Fries Pickle OR Soup Du Jour Biscuit Root Beer Float	Cracker Basket Broccoli Salad Swedish Meatballs Baked Potato/ Sour Cream Green Bean Casserole OR Sausage & Pepperoni Pizza Green Bean Casserole Cookie & Ice Cream	Cracker Basket Caesar Salad Penne Pasta w/ Vodka Bolognese Sauce Garlic Breadstick Peas & Carrots OR Cowboy Stew Cornbread Apple Pie	Bread Basket Lettuce Salad with Walnuts, Apples and Blue Cheese Beef Tenderloin Steak Twice Baked Potato Casserole Stewed Tomatoes OR Potato Crusted Cod w/ tartar & lemon Same Sides Crème Brulee	Cracker Basket Fresh Fruit Salad Beef Pot Pie Hawaiian Roll OR Broccoli Soup Bourbon Mango Pulled Pork Hawaiian Roll Chocolate Pudding Parfait	Cracker Basket Almond Strawberry Salad Chicken Wings w/ Ranch Potato Salad Green Beans OR Chili Cornbread Apple Cocoa Cake	Cracker Basket Tossed Salad w/ Ranch Chicken Tenders w/ Honey Mustard Sauce Herbed Potatoes & Onions Creamed Spinach w/ Bacon & Onions OR Vegetable Lasagna Same Sides Cookie & Ice Cream

Melrose Meadows Assisted Living

Winter—2024/2025 - 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 Eggs with Cheese Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes Sausage Links Breakfast Breads & Pastries Milk Milk	Assorted Fruits & Juices Hot & Cold Cereal Waffle Corned Beef Hash Eggs & Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake 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 Cranberry Fluff Salad Pot Roast Mashed Potatoes & Gravy Buttered Corn OR Hushpuppy Crusted Catfish w/ Tartar & Lemon Same Sides Gingerbread Bar	Fresh Fruit Cup Grilled Chicken Breast Baked Potato/ Sour Cream Corn OR Potato Soup Ham Sandwich Cookie & Ice Cream	Jell-0 Beef Burrito Spanish Rice Salsa & Sour Cream OR Broccoli Cheese Soup Turkey Sandwich Cookie & Ice Cream	Applesauce Cheeseburger on Bun LTO/ Pickle Chips & Melon OR Chili Cornbread Cookie & Ice Cream	Banana Breaded Fish Filet w/ Tartar & Lemon Rice Pilaf Green Beans OR Beefy Noodle Soup Biscuit Cookie & Ice Cream	Fresh Fruit Crispy Chicken Sandwich w/ Lettuce, Tomato & Pickle French Fries OR Corn Chowder Dinner Roll Cookie & Ice Cream	Mandarin Oranges Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots OR Soup Du Jour Dinner Roll Cookie & Ice Cream
<i>E V E N I N G</i>	Peaches Scalloped Potatoes/ Ham Green Beans/Bacon OR Soup Du Jour Egg Salad Sandwich Cookie & Ice Cream	Crackers Zuppa Toscana Soup Chicken Marsala On Rice Mixed Vegetables OR Thai Shrimp on Rice Mixed Vegetables Cookie & Ice Cream	Crackers Hot Spinach Dip/ Chips Beef Stroganoff Noodles Roasted Carrots OR Quiche Lorraine Sausage Links Fresh Fruit Cream Puff	Bread Basket 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	Crackers Minestrone Soup Chicken Alfredo On Noodles Riviera Vegetables Garlic Breadstick OR Ham Balls Hashbrown Casserole Riviera Vegetables Pumpkin Cheesecake	Crackers Fresh Fruit Plate Salmon Cakes w/ Country Gravy Baked Sweet Potato Cauliflower w/ Cheese Sauce OR Cranberry Pork Cutlet Same Sides Ice Cream Treat	Crackers Apple Almond Lettuce Salad BBQ Pulled Pork Sandwich Baked Beans Vinegar Coleslaw OR Boneless Chicken Wings Same Sides Lemon Meringue Pie

Melrose Meadows Assisted Living
Winter– 2024/2025 - 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 Eggs with Cheese Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes Sausage Links Breakfast Breads & Pastries Milk Milk	Assorted Fruits & Juices Hot & Cold Cereal Waffle Corned Beef Hash Eggs & Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake 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 N M E A L</i>	Bread Basket Watermelon Meatloaf Baked Potato/ S.C. Baby Carrots OR Baked Tilapia w/ Mango Salsa & Lemon Same Sides Cherry Pie	Citrus Salad Sausage Pizza Mixed Vegetables Watermelon OR Ham & Bean Soup BBQ Pork Sandwich Cookie & Ice Cream	Jell-0 Soft Shell Taco Spanish Rice Salsa & Sour Cream OR Chicken & Rice Soup Biscuit Cookie & Ice Cream	Cottage Cheese & Peaches Breaded Fish Filet Rice Pilaf Steamed Broccoli OR Chili Cornbread Cookie & Ice Cream	Pears Scalloped Potatoes & Ham Green Beans OR Beef Barley Soup Egg Salad Sandwich Cookie & Ice Cream	Fruit Salad Meatballs Mixed Vegetables Dinner Roll OR Chicken Tortilla Soup Tuna Salad Sandwich Cookie & Ice Cream	Jell-0 Roast Beef Mashed Potatoes & Gravy Corn OR Soup Du Jour Biscuit Cookie & Ice Cream
<i>E V E N I N G</i>	Pears Chicken & Noodles Peas & Carrots OR Soup Du Jour Ham Salad Sandwich Root Beer Float	Crackers 7 Layer Salad w/ Ranch Cajun Chicken Thighs Roasted Red Potatoes Creamed Spinach OR Beef Stew Biscuit Cheesecake	Crackers Split Pea Soup Gumbo Pork Chop Baked Sweet Potato Steamed Broccoli OR Pecan Chicken Salad Croissant Cauliflower Cheese Soup Lemon Dessert	Bread Basket Shrimp Cocktail Beef Tenderloin Steak Baked Potato/ SC Squash OR Turkey Cutlet W Cranberry Sauce Same Sides Dutch Apple Pie	Crackers Tossed Salad w/ Ranch Stuffed Peppers w/ Rice & Beef Roasted Corn OR Hushpuppy Crusted Catfish w/ Tartar & Lemon Rice Pilaf Roasted Corn Blueberry Crisp	Crackers Fresh Fruit Plate Homestyle Haddock w/ Tartar & Lemon Macaroni & Cheese Roasted Zucchini OR Chili Corn Muffin Melon Slice Cake Roll	Crackers Relish Plate w/ Ranch Chicken Tenders Fruit Garnish Potato Wedges OR Frankfurter on Bun Fruit Garnish Potato Wedges Cookie & Ice Cream