

Melrose Meadows Assisted Living
Spring 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 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 Corned Beef Hash Bacon Waffle 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 Broccoli/ Cauliflower Salad Roast Pork w/Hot Applesauce Candied Yams Succotash OR Hushpuppy Catfish w/ tartar & lemon same sides Angel Food Cake	Fresh Fruit Cup Spaghetti Garlic Bread Green Beans OR Potato Soup Ham Sandwich Cookie & Ice Cream	Cottage Cheese & Pears Pork Tenderloin Sandwich Chips & Pickle OR Tomato Soup Grilled Cheese Cookie & Ice Cream	Applesauce Chicken Tenders Baked Potato/ SC Baby Carrots OR Chili Cornbread Cookie & Ice Cream	Ambrosia Salad Meatloaf Au Gratin Potatoes Normandy Vegetables OR Vegetable Soup Turkey Sandwich Cookie & Ice Cream	Mandarin Oranges Scalloped Potatoes & Ham Green Beans OR Chicken Noodle Soup Dinner Roll Cookie & Ice Cream	Jell-0 Roast Beef Sandwich Chips Fruit Garnish OR Soup Biscuit Cookie & Ice Cream
<i>E V E N I N G</i>	Peaches Hot Dog on Bun Melon Wedge Baked Beans OR Soup Du Jour Biscuit Cookie & Ice Cream	Cracker Basket Macaroni Salad Fried Chicken Legs Mashed Potatoes & Gravy Creamed Corn OR Sloppy Joe Sandwich Melon Slice Potato Chips Scotcheroo Bar	Cracker Basket Harvest Lettuce Salad Chimichurri Chicken Thighs on Rice Steamed Broccoli OR Taco Salad w/ Sour Cream, Salsa & Ranch Carrot Cake	Bread Basket Shrimp Cocktail Prime Rib of Beef Baked Potato/Sour Cream Green Beans w/Bacon OR Gumbo Pork Chop Same sides Peach Pie	Cracker Basket Creamy Mushroom Soup Porcupine Meatballs Peas & Pearl Onions Macaroni & Cheese OR Raspberry Grilled Chicken Salad w/ Caramelized Almonds Breadstick Warm Apple Crisp	Cracker Basket Fresh Fruit Plate Baked Orange Roughy w/ Tartar & Lemon Rice Pilaf Stewed Tomatoes OR Sub Sandwich French Fries Pickle Cookie & Ice cream	Cracker Basket Tossed Salad w/ Ranch Chicken Tenders w/ Honey Mustard Sauce French Fries Broccoli OR BBQ Pulled Pork Sandwich Same Sides Strawberry Sundae

Melrose Meadows Assisted Living

Spring 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 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 Corned Beef Hash Bacon Waffle 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 Fruit Cup Sweet & Sour Meatballs Jasmine Rice Green Beans OR Cold Cashew Chicken Salad Green Beans Tiramisu	Watermelon BBQ Boneless Rib Sandwich Chips & Melon OR Ham & Bean Soup Cornbread Cookie & Ice Cream	Jell-0 Meatball Sub Potato Cubes OR Mushroom Soup Chicken Salad Sandwich Cookie & Ice Cream	Yogurt BLT Sandwich Potato Chips OR Chili Cornbread Cookie & Ice Cream	Pears Pulled Pork Sandwich Fries OR Beef Barley Soup Cheddar Biscuit Cookie & Ice Cream	Fresh Fruit Fried Shrimp Mixed Vegetables Party Potatoes OR Corn Chowder Turkey Sandwich Cookie & Ice Cream	Cottage Cheese Fish Filet w/ Tartar & Lemon Rice Pilaf Steamed Vegetables OR Soup Ham Sandwich Cookie & Ice Cream
<i>E V E N I N G</i>	Pears Crispy Chicken Sandwich Lettuce, Tomato & Pickles Potato Wedges OR Soup Du Jour Biscuit Root Beer Float	Cracker Basket 3 Bean Salad Spaghetti w/ Vodka Sauce Breadstick Grilled Spinach OR Cheeseburger on Bun L,T,O, Pickle French Fries Grilled Spinach Cherry Pie	Cracker Basket Cranberry, Mandarin & Almond Lettuce Salad Chicken Piccata Citrus Lime Rice Cauliflower w/ Cheese Sauce OR Reuben Sandwich Onion Rings Apple Dumpling	Bread Basket Spring Tossed Salad w/ Ranch Dressing Beef Tenderloin Steak Baked Potato/ SC Buttered Corn OR Herb Crusted Cod w/ Tartar & Lemon Same sides Dulce De Leche Cake	Cracker Basket Relish Plate w/ Ranch Cheese Lasagna Garlic Breadstick Harvard Beets OR Louisiana Style Gumbo on Rice Harvard Beets Cookie & IC	Cracker Basket Hot Spinach Dip w/ Chips Honey Orange Salmon w/ Tartar & Lemon Wild Rice Peas OR Beef Hot Dog Chips Melon Berry Trifle	Cracker Basket Tossed Salad Boneless Rib Sandwich Baked Beans Potato Salad OR Cornbread Crusted Catfish Filet w/ tartar & lemon Same Sides Ice Cream Treat

Melrose Meadows Assisted Living

Spring- 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 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 Corned Beef Hash Bacon Waffle 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 Apple Cranberry Jello Salad Roast Beef Mashed Potatoes & Gravy Roasted Asparagus OR Shrimp and Crab Seafood Salad on Lettuce Roasted Asparagus Melon Cheesecake	Fresh Fruit Cup Sloppy Joe Sandwich Potato Salad OR Potato Soup Sub Sandwich Cookie & Ice Cream	Jell-O Pasta Bake Garlic Breadstick Green Beans OR Chicken Tortilla Soup Ham Sandwich Cookie & Ice Cream	Pasta Salad Chicken Patty Lettuce, Tomato & Pickles Chips OR Chili Cornbread Cookie & Ice Cream	Banana Hot Dog on Bun Macaroni & Cheese Broccoli OR Vegetable Beef Soup Egg Salad Sandwich Cookie & Ice Cream	Fresh Fruit Breaded Fish Creamed Peas Dinner Roll OR Broccoli Soup Turkey Sandwich Cookie & Ice Cream	Mandarin Oranges Chicken Caesar Wrap Chips OR Soup DuJour Ham Salad Sandwich Cookie & Ice Cream
<i>E V E N I N G</i>	Fresh Fruit Scalloped Potatoes/ Ham Green Beans/Bacon OR Soup Du Jour Biscuit Cookie & Ice Cream	Crackers Shrimp Cocktail Chicken Parmesan Buttered Noodles Beets OR Sausage w/ Peppers & Onions Buttered Beets Buttered Noodles Apple Pie	Crackers Fresh Fruit Salad w/ Orange Glaze Asian Beef on Fried Rice Sugar Snap Peas Egg Roll w/ Sauce OR Pork Tenderloin Sand. French Fries L.T.O./ Pickle Cookie & Ice Cream	Bread Basket Farmer's Lettuce Salad Beef Medallions Mashed Yukon Gold Potatoes & Gravy Buttered Asparagus OR Hushpuppy Crusted Catfish w/ tartar & lemon Same sides Bananas Foster	Crackers Meat & Cheese Plate Cola Chicken Thighs Vermont Macaroni & Cheese Baby Carrots OR Shepherd's Pie Baby Carrots Cream Puffs	Crackers Apple Waldorf Salad Herb Crusted Tilapia w/ Tartar & Lemon Macaroni & Cheese Steamed Cabbage OR Grilled Cheese Sandwich on Wheat Tomato Soup Pickle Pecan Pie Bars	Crackers Deviled Eggs Meat Lasagna Garlic Bread Green Beans w/ Tomatoes & Onions OR Crispy Cod w/ Tartar & Lemon Same Sides Mint Pie

Melrose Meadows Assisted Living

Spring - 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 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 Corned Beef Hash Bacon Waffle 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 Tomato Cucumber Salad Honey Glaze Ham Baked Sweet Potato Creamed Spinach OR Lemon Butter Chicken Same sides Dutch Apple Pie	Citrus Salad BBQ Chicken Breast Mixed Vegetables Watermelon OR Broccoli Cheese Soup Dinner Roll Cookie & Ice Cream	Jell-0 Sloppy Joe Sandwich French Fries Pickle OR Chicken & Rice Soup Grilled Ham & Swiss Cookie & Ice Cream	Cottage Cheese Hot Dog on Bun French Fries Melon OR Chili Cornbread Cookie & Ice Cream	Mandarin Oranges Pizza Cauliflower OR Beef Barley Soup Grilled Cheese Sandwich Cookie & Ice Cream	Fruit Salad Sweet & Sour Meatballs on Rice Mixed Vegetables Dinner Roll OR Chicken Noodle Soup Tuna Salad Sandwich Cookie & Ice Cream	Jell-0 Pot Roast Mashed Potatoes & Gravy Corn OR Soup Du Jour Biscuit Cookie & Ice Cream
<i>E V E N I N G</i>	Pears BLT Sandwich French Fries OR Soup Du Jour Egg Salad Sandwich Root Beer Float	Crackers 7 Layer Lettuce Salad Chicken Chow Mein on Rice Spring Roll/ Sauce Sugar Snap Peas OR Potato Cod w/ Tartar & Lemon Same Sides Strawberry Lemonade Bar	Crackers Crab Rangoon dip w/ Wonton Chips BBQ Pork Chop Buttered Noodles Buttered Broccoli OR Pesto Shrimp Breadstick Buttered Noodles Buttered Broccoli Cheesecake Dessert	Bread Basket Fresh Fruit Plate Beef Tenderloin Steak Twice Baked Potato Casserole Peas & Pearl Onions OR Homestyle Haddock w/ Tartar & Lemon Same sides Lemon Meringue Pie	Crackers Minestrone Soup Maple Dijon Salmon Wild Rice Creamed Peas OR Shredded BBQ Chicken Sandwich Potato Wedges Pickle Hot Fudge Sundae	Crackers Citrus Salad Meatloaf Mashed Potatoes & Gravy Dilled Carrots OR Tuna Salad Croissant Chips Dilled Carrots Brownie	Crackers Tortilla Chips & Queso Smothered Chicken Thighs Rice Pilaf Normandy Vegetables OR Cold Ham & Cheese Sandwich Chips & Pickle Melon Root Beer Float