

Melrose Meadows Assisted Living
Fall 2025— Week 1 (milk served at all meals)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
B R E A K F A S T	Assorted Fruits & Juices Hot & Cold Cereal Cheesy Scrambled Eggs Sausage Links 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
N O O N	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 Beef Nachos Lettuce, Salsa & Sour Cream OR Beer Cheese Soup Dinner Roll Cookie & Ice Cream	Applesauce Chicken Tenders French Fries Melon Slice OR Chili Cornbread Cookie & Ice Cream	Melon Cup BLT Sandwich Home Fries OR Beef Barley Soup Biscuit Cookie & Ice Cream	Mandarin Oranges Meatloaf Mashed Potatoes & Gravy Green Beans OR Turkey Noodle Soup Grilled Cheese Cookie & Ice Cream	Jell-0 Pulled Pork Sandwich Chips Fruit Garnish OR Soup Du Jour Biscuit Cookie & Ice Cream
E V E N I N G	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 Green Beans OR Fruited Chicken Salad Sandwich Chips & Melon Brownie	Cracker Basket Coleslaw Cheeseburger on Bun Lettuce, Tomato& 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 Hot Fudge Sundae	Cracker Basket Asian Broccoli Salad Asian Beef Pepper Steak Rice Egg Roll/ Sauce Oriental Vegetables OR White Chicken Chili Cornbread 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 2025 - Week 2 (milk served at all meals)

Sun		Mon		Tue		Wed		Thu		Fri		Sat			
B R E A K F A S T		Assorted Fruits & Juices Hot & Cold Cereal Cheesy Scrambled Eggs Sausage Links 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	
N O O N		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 Salmon Loaf Mashed Potatoes & Country Gravy Baby Carrots OR Creamy Potato Soup Turkey Sandwich Cookie & Ice Cream		Jell-0 Hard Shell Beef Taco Lettuce, Tomatoes & Sour Cream Spanish Rice OR Chicken Noodle Soup Dinner Roll 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 Chicken Tenders Fries Riviera Vegetables OR Cauliflower Cheese Soup Turkey Sandwich		Cottage Cheese Fish Filet Cheddar Biscuit Steamed Vegetables OR Soup Du Jour Cheddar Biscuit Cookie & Ice Cream	
E V E N I N G		Pears Cheeseburger on Bun Lettuce, Tomato & Pickle French Fries Pickle OR Soup Du Jour Biscuit Cookie & Ice Cream		Cracker Basket Antipasto Salad Pesto Shrimp On Buttered Linguine Creamed Spinach OR Chicken Cordon Bleu Sour Cream & Chive Mashed Potatoes Creamed Spinach Tiramisu		Cracker Basket Cream of Asparagus 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 Hushpuppy Crusted Catfish w/ Tartar & Lemon Same Sides Boston Cream Pie		Cracker Basket Tossed Salad w/ Ranch Pork Roast Mashed Potatoes & Gravy Peas & Carrots OR Parmesan Tilapia Filet w/ Tartar & Lemon Same Sides Cheesecake	

Melrose Meadows Assisted Living
Fall 2025 - Week 3 (Milk served at all meals)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
B R E A K F A S T	Assorted Fruits & Juices Hot & Cold Cereal Cheesy Scrambled Eggs Sausage Links 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
N O O N	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 Grilled Cheese Sand. Cookie & Ice Cream	Applesauce Cheeseburger/LTO Chips & Melon OR Chili Cornbread Cookie & Ice Cream	Banana Meatloaf Mashed Potatoes/Gravy Green Beans OR Broccoli Cheese 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 Salisbury Steak Mashed Potatoes & Gravy Corn OR Soup Du Jour Biscuit Cookie & Ice Cream
E V E N I N G	Fruit Scalloped Potatoes/ Ham Green Beans 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 Brownie Caramel Sundae	Bread Basket Almond Strawberry Lettuce Salad Beef Tenderloin Medallions Mashed Yukon Gold Potatoes & Gravy Roasted Vegetables OR Artichoke Chicken Breast Same Sides Crème Brule	Crackers Sliced Apples w/ Caramel Dip Pasta Bake Garlic Bread Peas & Onions OR Taco Salad w/ Salsa, Sour Cream & Ranch Cherry Pie	Crackers Caesar Salad Grilled Lime Salmon Filet w/Tartar & Lemon Scalloped Potatoes Baby Carrots OR Grilled Cheese Tomato Soup Rhubarb Crisp	Crackers Meat & Cheese Plate Crispy Chicken Breast w/ Country Gravy Mashed Potatoes Corn OR Hot Dog on Bun Chips Fresh Fruit Mint Pie

Melrose Meadows Assisted Living

Fall - 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 Sausage Links 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 & Juic- es Hot & Cold Cereal Quiche Bacon Breakfast Breads & Pastries Milk
<i>N O O N M E A L</i>	Bread Basket Watermelon Ham w/ Pineapple Glaze Au Gratin Potatoes 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 Roasted Red Potatoes Fruit Garnish OR Tomato Soup Grilled Cheese 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 Melon OR Soup Du Jour Biscuit Cookie & Ice Cream	Crackers Tossed Salad w/ Ranch Cranberry Chicken Thighs Vermont Macaroni & Cheese Buttered Corn OR Seafood Alfredo on Noodles Buttered Corn Peach Pie	Crackers Coleslaw Hamloaf Baked Sweet Potato Steamed Broccoli OR Beef Tips In Gravy On Mashed Potatoes Steamed Broccoli Apple Pie	Bread Basket Shrimp Cocktail Beef Tenderloin Steak Roasted Potatoes, Carrots and Onions OR Herb Crusted Tilapia Fish Filet w/ Tartar & Lemon Same Sides Homemade Cheesecake	Crackers Split Pea Soup BBQ Baby Back Ribs Au Gratin Potatoes Corn Casserole OR Swiss Sherry Chicken Breast Same Sides Ice Cream Treat	Crackers Tossed Salad w/ Cranberries, Feta & Almonds Cheese Manicotti Garlic Breadstick Normandy Vegetables OR Beef Stew Biscuit Cookie & IC	Crackers Fresh Fruit Salad Chicken Tenders Potato Wedges Green Beans OR Egg Salad Sandwich Potato Wedges Lemon Italian Cake