

Melrose Meadows Assisted Living  
 Winter 2023/2024 - 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 Eggs with Cheese Sausage Link 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 Biscuit & 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 Chicken Salad 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 Creamed Potatoes Normandy Vegetables OR Chicken Noodle Soup Ham Salad Sandwich  Cookie & Ice Cream	Mandarin Oranges  BBQ Chicken Breast Rice Pilaf Corn O'Brien OR Beef Stew 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  Hot Dog on Bun 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 Mushroom Dip w./ Crostini  Smothered Chicken Thighs On Rice Creamed Peas  OR Cheeseburger on Bun Lettuce, Tomato & Onion French Fries Pickle  *** Sticky Toffee Pudding	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  Chicken Noodle Soup  Coconut Breaded Shrimp w/ Sauce & Lemon French Fries Roasted Cabbage OR Pepperoni Pizza Roasted Cabbage  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  Cream Puff

Melrose Meadows Assisted Living  
Winter 2023/2024 - 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 Eggs with Cheese Sausage Patty 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 Biscuit & 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 Breakfast Breads & Pastries Milk
<i>N O O N</i>  <i>M E A L</i>	Bread Basket Southwest Pasta Salad Swiss Steak w/ Tomatoes & Onions Mashed Potatoes & Gravy Mixed Vegetables OR Colorado Chicken Same Sides  Strawberry Pretzel Dessert	Watermelon  Cheeseburger Lettuce, Tomato & Onions Potato Wedges  OR Broccoli Cheese Soup Deli Chicken Sandwich  Cookie & Ice Cream	Jell-0  Beef Tostada 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 Corn OR Tomato Soup Grilled Cheese  Cookie & Ice Cream	Fresh Fruit  Spaghetti w/ Meatballs Riviera Vegetables OR Squash 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  Chicken Tenders French Fries Pickle  OR  Soup Du Jour Biscuit  Root Beer Float	Cracker Basket Caesar Salad  Swedish Meatballs Baked Potato/ Sour Cream Buttered Corn  OR Italian Sausage w/ Peppers & Onions Sauerkraut Salad Baked Potato/ S.C.  Cookie & Ice Cream	Cracker Basket Cowboy Stew  Penne Pasta w/ Vodka Bolognese Sauce Garlic Breadstick Peas & Carrots  OR Seafood Alfredo On Noodles Same Sides  Apple Pie	Bread Basket Lettuce Salad with Walnuts, Apples and Blue Cheese  Beef Tenderloin Steak Twice Baked Potato Casserole Stewed Tomatoes OR Hushpuppy Crusted Catfish 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  Gingerbread Bar	Cracker Basket Almond Strawberry Salad Chicken Wings w/ Ranch German Potato Salad Spiced Green Beans  OR Chili Cornbread  Fruit Pizza	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—2023/2024 - 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 Eggs with Cheese Sausage Patty 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 Biscuit & 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 Breakfast Breads & Pastries Milk
<i>N O O N</i>  <i>M E A L</i>	Bread Basket  Cranberry Fluff Salad  Pot Roast Mashed Potatoes & Gravy Buttered Corn  OR Hushpuppy Crusted Catfish w/ Tartar & Lemon Same Sides Chocolate Mint Pie	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 Chicken Noodle Soup Turkey Sandwich  Cookie & Ice Cream	Applesauce  Cheeseburger on Bun LTO/ Pickle Chips & Melon OR  Chili Cornbread  Cookie & Ice Cream	Banana  Hot Beef Sandwich Mashed Potatoes/Gravy Green Beans OR Chicken & Rice Soup Egg Salad Sandwich Cookie & Ice Cream	Fresh Fruit  Breaded Fish Creamed Peas Dinner Roll OR Corn Chowder Biscuit  Cookie & Ice Cream	Mandarin Oranges  Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots OR Soup Du Jour Ham Salad Sandwich 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 Coconut Shrimp on Rice Mixed Vegetables  Cookie & Ice Cream	Crackers  Hot Spinach Dip/ Chips  Beef Stroganoff Noodles Roasted Carrots w/ Ginger & Orange OR Stuffed Chicken Breast Sour Cream & Chive Mashed Potatoes Roasted Carrots Apple Cake	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  Cheese Lasagna Riviera Vegetables Garlic Breadstick OR  Reuben on Rye Pickle Potato Wedges  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 Coleslaw OR Boneless Chicken Wings Same Sides  Lemon Bar

# Melrose Meadows Assisted Living

## Winter– 2023/2024 - 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 Eggs with Cheese Sausage Patty 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 Biscuit & 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 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 Cauliflower Cheese Soup Tuna Salad Sandwich  Cookie & Ice Cream	Jell-0  Meatloaf Baked Potato/Sour Cream 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  Creamy Tuscan Chicken Thighs Roasted Red Potatoes Sautéed Spinach OR Beef Stew Biscuit  Cheesecake	Crackers  Cheese & Crackers  Gumbo Pork Chop Baked Sweet Potato Steamed Broccoli  OR Bratwurst w/ Hot Sauerkraut Same Sides Lemon Blueberry Dessert	Bread Basket  Shrimp Cocktail  Beef Tenderloin Steak Baked Potato/ SC Squash  OR Roast Turkey Cranberry Sauce Same Sides  Dutch Apple Pie	Crackers  Tossed Salad w/ Ranch  White Chicken Enchilada Refried Beans Lettuce, Tomatoes & Salsa OR Stuffed Peppers Same Sides  Pecan Pie	Crackers  Fresh Fruit Plate Homestyle Haddock w/ Tartar & Lemon Macaroni & Cheese Roasted Zucchini OR White Chicken Chili Corn Muffin Melon Slice Jelly Cake Roll	Crackers  Relish Plate w/ Ranch  Fried Chicken Fresh Fruit Potato Wedges  OR Grilled 3 Cheese Sandwich Potato Wedges  Cookie & Ice Cream