

Melrose Meadows Assisted Living
Spring 2022 - 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 Sausage Links Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Pancakes Sausage Patty Breakfast Breads & Pastries Milk Milk	Assorted Fruits & Juices Hot & Cold Cereal Corned Beef Hash Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake Sausage Links Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Biscuits & Gravy Bacon Waffles 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 Mashed Potatoes & Gravy Lima Beans OR Potato Crusted Cod Filet 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 Hard Shell Taco Refried Beans Lettuce, Tomatoes, Salsa & Sour Cream OR Chicken Noodle Soup Croissant Roll Cookie & Ice Cream	Applesauce Chicken Tenders Baked Potato/ SC Brussels Sprouts OR Chili Cornbread Cookie & Ice Cream	Ambrosia Salad Meatloaf Creamed Potatoes Normandy Vegetables OR Vegetable Beef Soup Turkey Sandwich Cookie & Ice Cream	Mandarin Oranges Chicken Stir Fry Rice Egg Roll/ Sauce OR Tomato Soup Grilled Cheese Cookie & Ice Cream	Jell-0 Pork Tenderloin (Lettuce, Tomato, Onion) 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 French Fries OR Soup Du Jour Biscuit Cookie & Ice Cream	Cracker Basket Carrot Raisin Salad Fried Chicken Mashed Potatoes & Gravy Corn O' Brien OR Sub Sandwich Potato Soup Corn O' Brien Peach Cobbler	Cracker Basket Harvest Lettuce Salad Vegetable Lasagna Garlic Bread Broccoli w/ Brown Butter OR Taco Salad w/ Sour Cream, Salsa & Ranch Carrot Cake	Bread Basket Greek Orzo, Cucumber & Tomato Salad Prime Rib of Beef Baked Potato/Sour Cream Green Beans w/Bacon OR Grilled Pork Chop W/ Hot Applesauce Same sides Crème Brule	Cracker Basket Tomato Basil Soup Fried Chicken Legs Peas & Pearl Onions Party Potatoes OR Cobb Salad w/ Ranch Breadstick Rhubarb Crisp	Cracker Basket Fresh Fruit Plate Baked Orange Roughy w/ Lemon Sauce Rice Pilaf Tomato Slices OR Philly Cheese Steak Sandwich French Fries Tomato Slices Cookie & Ice cream	Cracker Basket Tossed Salad w/ Ranch Chicken Tenders w/ Honey Mustard Sauce French Fries Broccoli OR BBQ Pulled Pork Sandwich French Fries Broccoli/ Cheesecake

Melrose Meadows Assisted Living
Spring 2022- 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 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 Corned Beef Hash Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake Sausage Links Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Biscuits & Gravy Bacon Waffles 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 Watergate Salad Sweet & Sour Meatballs Jasmine Rice Green Beans OR Cold Cashew Chicken Salad Green Beans Jelly Cake Roll	Watermelon BBQ Boneless Rib Sandwich Chips & Melon OR Ham & Bean Soup Cornbread Cookie & Ice Cream	Jell-0 Beef Burrito Lettuce, Tomatoes, Salsa & Sour Cream OR Chicken & Rice Soup Chicken Salad Sandwich Cookie & Ice Cream	Yogurt Chicken & Biscuits Fruit Garnish OR Chili Grilled Ham & Cheese Cookie & Ice Cream	Pears Pork Tenderloin Sandwich L,T,O & Pickle Fries OR Beef Barley Soup Cheddar Biscuit Cookie & Ice Cream	Fresh Fruit Tuna Noodle Casserole Mixed Vegetables Garlic Bread 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 Cheeseburger w/ Lettuce, Tomato, Onion French Fries Pickle OR Soup Du Jour Biscuit Root Beer Float	Cracker Basket Meat & Cheese Plate Cheese Manicotti Breadstick Grilled Spinach OR Hamburger on Bun L,T,O French Fries Cherry Pie	Cracker Basket Cranberry, Mandarin & Almond Lettuce Salad Chicken Piccata Citrus Lime Rice Cauliflower w/ Cheese Sauce OR Stuffed Peppers Same Sides Fruit Pizza	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 Tiramisu	Cracker Basket Broccoli Raisin Salad Spaghetti w/ Meatballs Garlic Breadstick Green Beans Almandine OR Asian Grilled Chicken Salad Dinner Roll Cookie & IC	Cracker Basket Hot Spinach Dip Honey Orange Salmon w/ Tartar & Lemon Wild Rice w/ Almonds Peas OR Beef Hot Dog Chips Melon Angel Food Cake	Cracker Basket Tossed Salad w/ ranch Boneless Rib Sandwich Baked Beans Potato Salad OR Cornbread Crusted Catfish Filet w/ tartar & lemon Same Sides French Silk Pie

Melrose Meadows Assisted Living
Spring- 2022 - 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 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 Corned Beef Hash Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake Sausage Links Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Biscuits & Gravy Bacon Waffles 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 Orange Cream Fruit Salad Roast Beef Mashed Potatoes & Gravy Roasted Carrots, Celery and Onions OR Shrimp and Crab Seafood Salad on Lettuce Muffin & Melon Pineapple Upside Down Cake	Fresh Fruit Cup Meatballs Mashed Potatoes & Gravy Green Beans OR Potato Soup Sub Sandwich Cookie & Ice Cream	Jell-O Taco Salad w/ Ranch, Salsa & Sour Cream OR Chicken Noodle Soup Ham Sandwich Cookie & Ice Cream	Italian Pasta Salad Chicken Patty on Bun LTO, Chips & Melon OR Chili Cornbread Cookie & Ice Cream	Banana Pigs In Blanket Macaroni & Cheese Broccoli OR Vegetable Beef Soup Egg Salad Sandwich Cookie & Ice Cream	Fresh Fruit Breaded Fish Creamed Peas Dinner Roll OR Tomato Soup Grilled Cheese Cookie & Ice Cream	Mandarin Oranges Crispy 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 Roast Pork Sweet Potato Casserole Buttered Beets Apple Pie	Crackers Fresh Fruit Salad w/ Orange Glaze Asian Beef W/ 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 Tenderloin Medallions Mashed Yukon Gold Potatoes & Gravy Roasted Green Beans OR Hushpuppy Crusted Catfish w/ tartar & lemon Same sides Bananas Foster	Crackers Tossed Salad w/ Ranch Cola Chicken Thighs Vermont Macaroni & Cheese Brussels Sprouts OR Shepherd's Pie Same Sides Cream Puffs	Crackers Apple Waldorf Salad Herb Crusted Tilapia w/ Lemon Hollandaise Barley Risotto Coleslaw OR Grilled Cheese Sandwich Fries Pickle Coleslaw Strawberry Sundae	Crackers 3 Bean Salad Cheese Ravioli Garlic Bread Green Beans w/ Tomatoes & Onions OR Beef Stew Biscuit Melon Chocolate Meringue Pie

Melrose Meadows Assisted Living
Spring - 2022 — 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 Corned Beef Hash Bacon Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Egg Bake Sausage Links Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal Biscuits & Gravy Bacon Waffles Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal French Toast Sausage Breakfast Breads & Pastries Milk	Assorted Fruits & Juices Hot & Cold Cereal French Toast Sausage Breakfast Breads & Pastries Milk
<i>N O O N</i> <i>M E A L</i>	Bread Basket Tomatoes & Cottage Cheese Grilled Ham w/ Pineapple Glaze Baked Sweet Potato Peas & Carrots OR Lemon Butter Chicken Same sides Dutch Apple Pie	Citrus Salad Pepperoni Pizza Mixed Vegetables Watermelon OR Ham & Bean Soup BBQ Pork Sandwich Cookie & Ice Cream	Jell-0 Soft Shell Taco Spanish Rice Lettuce, Tomatoes, Salsa & Sour Cream 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 Scalloped Potatoes & Ham Cauliflower w/Cheese OR Beef Noodle Soup Grilled Cheese Sandwich Cookie & Ice Cream	Fruit Salad BBQ Meatballs Mixed Vegetables Dinner Roll OR Chicken Noodle Soup Tuna Salad Sandwich Cookie & Ice Cream	Jell-0 Pot Roast Mashed Potatoes & Gravy Corn OR Cream of Broccoli Soup Biscuit Cookie & Ice Cream
<i>E V E N I N G</i>	Pears BLT Sandwich French Fries OR Soup Du Jour Ham Salad Sandwich Root Beer Float	Crackers 7 Layer Lettuce Salad Chicken Chow Mein with Crunchy Noodles Egg roll/ Sauce OR Chili Cornbread Brownie	Crackers Crab Rangoon dip w/ Wonton Chips BBQ Pork Chop Parmesan Potatoes Buttered Broccoli OR Lasagna Breadstick Buttered Broccoli Cheesecake Dessert	Bread Basket Fresh Fruit Plate Beef Tenderloin Steak Twice Baked Potato Casserole Buttered Cabbage OR Homestyle Haddock w/ Tartar & Lemon Same sides Lemon Meringue Pie	Crackers Deviled Eggs Lemon Pepper Salmon Potato Wedges Creamed Peas OR Sloppy Joe Sandwich Potato Wedges Pickle Hot Fudge Sundae	Crackers Citrus Salad Potato Crusted Cod w/tartar & lemon Roasted Potatoes Dilled Carrots OR Meatloaf Same Sides Cookie & IC	Crackers Tossed Salad w/ Ranch Shrimp Scampi Fries Normandy Vegetables OR Grilled Ham & Cheese Sandwich Fries & Pickle Melon Chocolate Mint Pie