

Melrose Meadows Assisted Living
Spring 2023- 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 Waffle 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 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 Broccoli/ Cauliflower Salad Roast Pork w/Hot Applesauce Mashed Potatoes & Gravy Succotash 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 Dinner Roll Cookie & Ice Cream	Applesauce Chicken Tenders Baked Potato/ SC Baby Carrots 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 Sauerkraut Salad Fried Chicken Legs Mashed Potatoes & Gravy Creamed Corn OR Sloppy Joe Sandwich Melon Slice Creamed Corn Red Velvet Brownie	Cracker Basket Harvest Lettuce Salad Jerk Chicken Thighs on Coconut Rice With Mango Salsa Steamed Broccoli 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 Same sides Mini Pineapple Upside Down Cake	Cracker Basket Creamy Mushroom Soup Pineapple Glazed Ham Peas & Pearl Onions Party Potatoes OR Raspberry Grilled Chicken Salad w/ Caramelized Almonds Breadstick Apple 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 Same Sides Strawberry Pretzel Dessert

Melrose Meadows Assisted Living
Spring 2023- 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 Waffle 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 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 Poached Orange Pears 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 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 3 Bean Salad Spaghetti w/ Vodka Sauce Breadstick Grilled Spinach OR Cheeseburger 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 OR Stuffed Peppers Cauliflower w/ Cheese Lemon Poppy Seed Cup- cake w/ Blackberry Icing	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 Homemade Banana Cream Pie	Cracker Basket Lime/ Honey Glazed Fruit Cheese Manicotti Garlic Breadstick Cold Pickled Beets OR Louisiana Style Gumbo on Rice Cold Pickled Beets Cookie & IC	Cracker Basket Hot Spinach Dip Honey Orange Salmon w/ Tartar & Lemon Wild Rice w/ Almonds Peas OR OR Beef Hot Dog Chips Melon Berry Trifle	Cracker Basket Tossed Salad w/ ranch Boneless Rib Sandwich Baked Beans Potato Salad OR Cornbread Crusted Catfish Filet w/ tartar & lemon Same Sides Ice Cream Cake

Melrose Meadows Assisted Living

Spring- 2023 - 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 Waffle 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 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 Carrots, Celery and Onions OR Shrimp and Crab Seafood Salad on Lettuce Roasted Carrots, Celery & Onions Melon Pistachio Cheesecake	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 Sausage w/ Peppers & Onions Buttered Beets 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 Brisket Mashed Yukon Gold Potatoes & Gravy Roasted Green Beans OR Hushpuppy Crusted Catfish w/ tartar & lemon Same sides Bananas Foster	Crackers Deviled Eggs Cola Chicken Thighs Vermont Macaroni & Cheese Roasted Carrots w/ Ginger & Orange OR Shepherd's Pie Roasted Carrots w/ Ginger & Orange Cream Puffs	Crackers Apple Waldorf Salad Herb Crusted Tilapia w/ Lemon Hollandaise Barley Risotto Coleslaw OR Grilled Cheese Sandwich on Wheat Tomato Soup Pickle Coleslaw Pecan Pie Bars	Crackers Meat & Cheese Plate Vegetable Lasagna Garlic Bread Green Beans w/ Tomatoes & Onions OR Beef Stew Biscuit Melon Poke Cake

Melrose Meadows Assisted Living

Spring - 2023 — 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 Waffle 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 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 Baked Ham Baked Sweet Potato Creamed Spinach OR Lemon Butter Chicken Same sides Dutch Apple Pie	Citrus Salad Pepperoni Pizza Mixed Vegetables Watermelon OR Broccoli Cheese 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 Sweet & Sour Meat- balls 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 on Rice Spring Roll/ Sauce OR Chili Cornbread Strawberry Lemonade Bar	Crackers Crab Rangoon dip w/ Wonton Chips BBQ Pork Chop Home Fries Buttered Broccoli OR Shrimp Scampi 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 Bacon Wrapped Jalapeno Maple Dijon Salmon Wild Rice Creamed Peas OR Shredded BBQ Chicken Sandwich Potato Wedges Pickle Hot Fudge Brownie Sundae	Crackers Citrus Salad Potato Crusted Cod w/tartar & lemon Roasted Potatoes Dilled Carrots OR Meatloaf Same Sides Crème Brulee	Crackers Tossed Salad w/ Ranch Swiss Sherry Chicken Scalloped Potatoes Normandy Vegetables OR Grilled Ham & Cheese Sandwich Fries & Pickle Melon Cookie & Ice Cream