

Melrose Meadows Independent Living – Fall 2025

|                  | Sun (1:00 p.m.)                                                                                                                                                                                                         | Monday                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                 | Friday                                                                                                                                                                                                        | Saturday                                                                                                                                                                                      |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1<br>DINNER | Bread Basket<br>Fresh Fruit Salad<br><br>Chicken & Biscuits<br>Baby Carrots<br><br>OR<br>Breaded Haddock<br>Filet w/Tartar & Lemon<br>Rice Pilaf<br>Same Sides<br>Strawberry Pretzel<br>Desserts                        | Cracker Basket<br>Tossed Salad w/Ranch<br><br>Beef Stroganoff<br>On Noodles<br>Green Beans<br><br>OR<br>Fruited Chicken<br>Salad Sandwich<br>Chips<br>Melon<br><br>Brownie                                    | Cracker Basket<br>Coleslaw<br><br>Cheeseburger on Bun<br>Lettuce, Tomato & Pickle<br>Potato Wedges<br>Grapes<br>OR<br>Pork Cutlet w/Gravy<br>Mashed Potatoes<br>Corn<br><br>Carrot Cake                          | Bread Basket<br>Fall Fruit Lettuce<br>Salad w/Ranch<br>Prime Rib of Beef<br>Baked Potato/<br>Sour Cream<br>Squash<br><br>OR<br>Tortilla Crusted Tilapia<br>w/Tartar & Lemon<br>Same Sides<br><br>Hot Fudge Sundae                 | Cracker Basket<br>Asian Broccoli Salad<br><br>Asian Beef Pepper Steak<br>Rice<br>Egg Roll/Sauce<br>Oriental Vegetables<br><br>OR<br><br>White Chicken Chili<br>Cornbread<br><br>Apple Dessert            | Cracker Basket<br>Deviled Eggs<br><br>Grilled Salmon w/ Tartar<br>& Lemon<br>Scalloped Potatoes<br>Broccoli<br><br>OR<br>Hot Turkey & Swiss<br>on Rye<br>Coleslaw<br>Pickle<br>Cookie & Ice Cream             | Cracker Basket<br>Tossed Salad w/Ranch<br><br>Spaghetti w/Meatballs<br>Garlic Bread<br>Normandy Vegetables<br><br>OR<br>Tuna Salad Sandwich<br>Potato Wedges<br>Melon<br><br>Chocolate Cake   |
| WEEK 2<br>DINNER | Bread Basket<br>Fresh Fruit Salad<br>Roasted Turkey<br>Mashed Potatoes & Gravy<br>Stuffing<br>Cranberry Sauce<br>Green Bean Casserole<br>Or<br>Breaded Cod<br>w/Tartar & Lemon<br>Same Sides<br>Homemade Pumpkin<br>Pie | Cracker Basket<br>Antipasto Salad<br><br>Pesto Shrimp on<br>Buttered Linguine<br>Creamed Spinach<br><br>OR<br>Chicken Cordon Bleu<br>Sour Cream & Chive<br>Mashed Potatoes<br>Creamed Spinach<br><br>Tiramisu | Cracker Basket<br>Cream of Asparagus<br>Soup<br><br>Honey Garlic Pork<br>Chops<br>Home Fries<br>Roasted Carrots<br><br>OR<br>Spinach Florentine<br>Frittata<br>Fresh Fruit<br>Sausage Patty<br><br>Peach Cobbler | Bread Basket<br>Roquefort Pear Lettuce<br>Salad<br><br>Beef Tenderloin Steak<br>Twice Baked Potato<br>Casserole<br>Creamed Peas<br><br>OR<br>Potato Crusted Cod w/<br>Tartar & Lemon<br>Same Sides<br><br>Homemade Cream<br>Puffs | Cracker Basket<br>Raisin Broccoli Salad<br><br>Meatloaf<br>Mashes Potatoes & Gravy<br>Harvard Beets<br><br>OR<br>Pepperoni & Sausage<br>Pizza<br>Garlic Bread<br>Fruit Garnish<br><br>Cookie & Ice Cream | Cracker Basket<br>Hot Spinach Dip w/Chips<br><br>Sweet-n-Sour Chicken<br>Rice<br>Egg Roll/Sauce<br>Key West Veg.<br>OR<br>Hushpuppy Crusted<br>Catfish w/Tartar & Lemon<br>Same Sides<br><br>Boston Cream Pie | Cracker Basket<br>Tossed Salad w/Ranch<br><br>Pork Roast<br>Mashed Potatoes & Gravy<br>Peas & Carrots<br><br>OR<br>Parmesan Tilapia Filet<br>w/Tartar & Lemon<br>Same Sides<br><br>Cheesecake |

Melrose Meadows Independent Living – Fall 2025

|                  | Sun (1:00 p.m.)                                                                                                                                                            | Monday                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                | Thursday                                                                                                                                                                          | Friday                                                                                                                                                                                         | Saturday                                                                                                                                                                         |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 3<br>DINNER | Bread Basket<br>Fresh Fruit Salad<br><br>Pot Roast<br>Mashes Potatoes & Gravy<br>Squash<br>Or<br>Crab Cakes<br>Same Sides<br><br>Dutch Apple Pie                           | Cracker Basket<br>Tossed Salad w/Ranch<br>Meat Lasagna<br>Garlic Breadstick<br>Green Beans w/Bacon & Onions<br>OR<br>Chicken Tenders w/Honey Mustard Sauce<br>Potato Wedges<br>Green Beans w/Bacon & Onions<br><br>Cookie & Ice Cream | Cracker Basket<br>Relish Plate w/Ranch<br><br>Garlic & Mushroom<br>Pork Chops<br>Mashed Potatoes<br>Mixed Vegetables<br>OR<br>Seafood Bisque<br>Egg Salad Croissant<br><br>Brownie Caramel Sundae | Bread Basket<br>Almond Strawberry<br>Lettuce Salad<br>Beef Tenderloin<br>Medallions<br>Mashed Yukon Gold<br>Potatoes & Gravy<br>Roasted Vegetables<br>OR<br>Artichoke Chicken<br>Breast<br>Same Sides<br><br>Crème Brule | Cracker Basket<br>Sliced Apples w/ Caramel<br>Dip<br><br>Pasta Bake<br>Garlic Bread<br>Peas & Onions<br><br>OR<br><br>Taco Salad w/Salsa, Sour<br>Cream & Ranch<br><br>Cherry Pie | Cracker Basket<br>Caesar Salad<br><br>Grilled Lime Salmon Filet<br>w/Tartar & Lemon<br>Scalloped Potatoes<br>Baby Carrots<br>OR<br>Grilled Cheese<br>Tomato Soup<br><br>Rhubarb Crisp          | Cracker Basket<br>Meat & Cheese Plate<br><br>Crispy Chicken Breast<br>w/Country Gravy<br>Mashed Potatoes<br>Corn<br>OR<br>Hot Dog on Bun<br>Chips<br>Fresh Fruit<br><br>Mint Pie |
| WEEK 4<br>DINNER | Bread Basket<br>Watermelon<br><br>Ham w/Pineapple<br>Glaze<br>Au Gratin Potatoes<br>Baby Carrots<br><br>OR<br>Crispy Cod w/ Tartar<br>& Lemon<br>Same Sides<br>Pumpkin Bar | Cracker Basket<br>Tossed Salad w/Ranch<br>Cranberry Chicken<br>Thighs<br>Vermont Macaroni & Cheese<br>Buttered Corn<br>OR<br>Seafood Alfredo on<br>Noodles<br>Buttered Corn<br><br>Peach Pie                                          | Cracker Basket<br>Coleslaw<br><br>Hamloaf<br>Baked Sweet Potato<br>Steamed Broccoli<br>OR<br>Beef Tips In Gravy on<br>Mashed Potatoes<br>Steamed Broccoli<br><br>Apple Pie                        | Bread Basket<br>Shrimp Cocktail<br><br>Beef Tenderloin Steak<br>Roasted Potatoes,<br>Carrots and Onions<br>OR<br>Herb Crusted Tilapia<br>w/Tartar & Lemon<br>Same Sides<br><br>Homemade Cheesecake                       | Cracker Basket<br>Split Pea Soup<br><br>BBQ Baby Back Ribs<br>Au Gratin Potatoes<br>Corn Casserole<br>OR<br>Swiss Sherry Chicken<br>Breast<br>Same Sides<br><br>Ice Cream Treat   | Cracker Basket<br>Tossed Salad<br>w/Cranberries, Feta &<br>Almonds<br><br>Cheese Manicotti<br>Garlic Breadstick<br>Normandy Vegetables<br>OR<br>Beef Stew<br>Biscuit<br><br>Cookie & Ice Cream | Cracker Basket<br>Fresh Fruit Salad<br><br>Chicken Tenders<br>Potato Wedges<br>Green Beans<br>OR<br>Egg Salad Sandwich<br>Potato Wedges<br><br>Lemon Italian Cake                |