

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2022



						<p><b>BREAKFAST</b> <sup>1</sup> Turkey Eggs Benedict, Hot &amp; Cold Cereal, Fresh Fruit, Cottage Cheese</p> <p><b>LUNCH</b> Vegetable Soup, Hummus, Tuna Wrap, Cole Slaw, Sliced Fruit</p> <p><b>DINNER</b> Cabbage Soup, Quiche, Salad, Garlic Bread, Seasonal Fruit</p> <p>New Year's Day</p>
<p><b>BREAKFAST</b> <sup>2</sup> Bagel, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prune Yogurt</p> <p><b>LUNCH</b> Lima Bean Soup, Crispy Chicken Salad with Buttermilk Ranch Dressing, Garlic Bread</p> <p><b>DINNER</b> Ice Cream Sundaes, Orange Lentil Soup, Noodle Koogle, Yogurt Parfait</p>	<p><b>BREAKFAST</b> <sup>3</sup> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Butternut Squash Soup, Honey Mustard Chicken Quarter</p> <p><b>DINNER</b> Glazed Carrot/ Prunes, Apple Mint Salad, White Bean Vegetable Soup, Rolled Lasagna with Meat Sauce, Green Beans, Garlic Bread, Berry Pudding</p>	<p><b>BREAKFAST</b> <sup>4</sup> Hot/Cold Cereal, Eggs Any Style, Toast, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Noodle Soup, Brisket, Roasted Butternut Squash, Brussel Sprouts</p> <p><b>DINNER</b> Squash Soup, Meatloaf, Rice Pilaf, Brussel Sprout, Apple Spinach Salad</p>	<p><b>BREAKFAST</b> <sup>5</sup> Hot &amp; Cold Cereal, Bagel, Beef Sausage, Boiled Eggs, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Tomato Soup, Pita Pizza, Tabbouleh Salad, Seasonal Fruit &amp; Cheese</p> <p><b>DINNER</b> Tomato Soup, Spinach Grilled Cheese, 3 Bean Salad, Root Beer Float</p>	<p><b>BREAKFAST</b> <sup>6</sup> Hot or Cold Cereal, Breakfast Muffins, Scrambled Eggs with Onions and Peppers, Toast, Fresh Fruit</p> <p><b>LUNCH</b> Vegetable Soup, Grilled Chicken, Squash with Roasted Potatoes, Sliced Melons</p> <p><b>DINNER</b> Squash Soup, Macaroni &amp; Cheese Green Salad, Shortbread &amp; Berries</p>	<p><b>BREAKFAST</b> <sup>7</sup> Hot or Cold Cereal, Yogurt Parfait, Omelettes Toast, with Fresh Fruit</p> <p><b>LUNCH</b> Clam Chowder, Fish Burger, Fries, Lettuce &amp; Tomato, Red Onion</p> <p><b>DINNER</b> Citrus Sorbet, Tomato Soup, Pepper Beef, Rice, Herbed Tomato Salad, Berries &amp; Cream</p>	<p><b>BREAKFAST</b> <sup>8</sup> Toast, Scrambled Eggs, Hot &amp; Cold Cereal, Fresh Fruit, Prune Applesauce</p> <p><b>LUNCH</b> White Bean soup, Hummus Platter with Chopped Salad, Flat Bread, Fruit</p> <p><b>DINNER</b> Vegetable Noodle Soup, Grilled Cheese with Turkey Tomatoes, &amp; Parsley Sherbet Ice Cream</p>
<p><b>BREAKFAST</b> <sup>9</sup> Bagel, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Vegetable Soup, Pasta Primavera, Garlic Bread, Sliced Cucumber, Fruit</p> <p><b>DINNER</b> Vegetable Soup, Lemon Herb Chicken, Potatoes, Green Beans</p>	<p><b>BREAKFAST</b> <sup>10</sup> Pancakes, Eggs Any Style, Beef Sausage, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Clam Chowder Soup, Fish, Vegetable Rice Bowl, Pear Crisp with Spiced Cream</p> <p><b>DINNER</b> Vegetable Soup, Assorted Deli Plate, Sliced Fruit</p>	<p><b>BREAKFAST</b> <sup>11</sup> French Toast, Eggs Any Style, Hot &amp; Cold Cereal, Eggs any Style, Fruit</p> <p><b>LUNCH</b> Vegetable Soup, Philly Chicken Cheese-steak Sandwich, Potato Wedges, Fruit Ice (Smoothie)</p> <p><b>DINNER</b> Bean Soup, Gourmet Spinach Salad (Vegetarian), Garlic Bread, Blueberry Muffins</p>	<p><b>BREAKFAST</b> <sup>12</sup> Eggs Any Style, Toast, Turkey Sausage, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Roasted Lentil Vegetable Soup, Turkey Enchiladas with Creme sauce, Rice &amp; Lentils, Sherbet</p> <p><b>DINNER</b> Green Pea Soup, Roasted Chicken, Loaded Beet Salad, Oatmeal Cranberry Cookie</p>	<p><b>BREAKFAST</b> <sup>13</sup> Biscuits with Gravy, Home-Style Potatoes with Onions and Peppers, Fruit</p> <p><b>LUNCH</b> Noodle Soup, Turkey salad Wrap, Roasted Potatoes, Green Salad, Fruit Cake</p> <p><b>DINNER</b> Potato Mushroom Cream Soup, Stuffed Manicotti, Zucchini with Peppers, Blueberry Shortcake</p>	<p><b>BREAKFAST</b> <sup>14</sup> Cream of Wheat, Pancakes, Eggs Any Style, Meat, and Fruit</p> <p><b>LUNCH</b> Brown Rice Soup, Chickpea Chicken Curry with Peppers, Cucumbers, Red Onions</p> <p><b>DINNER</b> Pudding Parfait, Squash Onion Soup, Oven Fried Fish, Vegetables &amp; Sweet Potato's Smoothie</p>	<p><b>BREAKFAST</b> <sup>15</sup> Hot &amp; Cold Cereal, Poached Eggs, Toast, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Vegetable Soup, Stuffed Peppers, Salad, Lemon Pudding</p> <p><b>DINNER</b> Pinto Bean Soup, Herb Baked Chicken, Sweet Potato Vegetable Salad, Watermelon Slice</p>
<p><b>BREAKFAST</b> <sup>16</sup> Bagel, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Vegetable Soup, Chicken Egg Noodle Pasta, Green Salad, Fruit</p> <p><b>DINNER</b> Beef Vegetable Soup, Sliced Beef with Gravy,, Brown Rice Pilaf</p>	<p><b>BREAKFAST</b> <sup>17</sup> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Garden Soup, Corned Beef, Rye Bread, Macaroni Salad, Jello with Cream</p> <p><b>DINNER</b> Garlic Knot Challah, Split Pea Soup, Grilled Chicken Salad, Spiced Couscous with Almonds Chef's Dessert</p> <p>Martin Luther King Jr. Day</p>	<p><b>BREAKFAST</b> <sup>18</sup> French Toast, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Lima Bean Soup, Crispy Chicken Salad with Buttermilk Ranch Dressing, Garlic Bread</p> <p><b>DINNER</b> Ice Cream Sundaes, Lima Bean Soup, Vegetable Pasta Primavera, Sliced Beets with Feta</p>	<p><b>BREAKFAST</b> <sup>19</sup> Eggs Any Style, Toast, Beef Sausage, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> French Onion Soup, Vegetable Egg Fried Rice, Egg Roll, Salad, Sherbet</p> <p><b>DINNER</b> Chicken Soup with Kreplach, Gefilte Fish, Waldorf Salad, Lemon Herb Chicken Legs, Potato Pancakes</p>	<p><b>BREAKFAST</b> <sup>20</sup> Coffee Cake Muffin, Home-Style Potatoes with Peppers, Eggs Scrambled, Fruit</p> <p><b>LUNCH</b> Split Pea Vegetable Soup, Ground Beef Kabobs, Baked Tomato with Dill Rice, Jello with fruit</p> <p><b>DINNER</b> White Bean Vegetable, Rolled Lasagna with Meat Sauce, Green Beans, Garlic Bread, Berry Pudding</p>	<p><b>BREAKFAST</b> <sup>21</sup> Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit</p> <p><b>LUNCH</b> Clam Chowder, Lemon Stuffed Fish, Broccoli &amp; Red Potato's, Chocolate Ice Cream Sundae</p> <p><b>DINNER</b> Cabbage Vegetable Soup, Turkey Salad Sandwich, Parsley Red Onion Salad, Honey Yogurt</p>	<p><b>BREAKFAST</b> <sup>22</sup> Cream of Wheat, Eggs Any Style, Meat, &amp; Fresh Fruit</p> <p><b>LUNCH</b> Navy Bean Soup, Opened-Faced Turkey Sandwich, Mashed Potatoes &amp; Gravy, Hot Fudge Sundae</p> <p><b>DINNER</b> Italian Feast Soup, Chicken Alfredo, Caesar Salad, Tiramisu</p>
<p><b>BREAKFAST</b> <sup>23</sup> Bagel, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Split Pea Soup, Meatloaf, Potato Hash, Vanilla Mousse, Fruit</p> <p><b>DINNER</b> Sweet Potato Soup, Beef Stew, Egg Noodle, Corn Bread, Sugar Cookie</p> <p>Activity Professionals Week</p>	<p><b>BREAKFAST</b> <sup>24</sup> Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes, Cottage Cheese</p> <p><b>LUNCH</b> Cabbage Soup, Fish Fillet, Couscous with Vegetables, Baked Blueberry Apple Slices</p> <p><b>DINNER</b> Vegetable Rice Soup, Warm Turkey Salad, Banana Pudding</p>	<p><b>BREAKFAST</b> <sup>25</sup> French Toast, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Tomato &amp; White Bean Soup, Beet &amp; Butternut Squash Salad with Chicken</p> <p><b>DINNER</b> Cream &amp; Puff Pastry, Squash Soup, Baked Quiche, Greens with Fruit, Dinner Roll, Jello with Fruit</p>	<p><b>BREAKFAST</b> <sup>26</sup> Eggs Any Style, Toast, Hash Browns, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Barley Squash Soup, 1/4 Chicken Roasted Egg Noodles, Vegetables</p> <p><b>DINNER</b> Apple Turnover, Root Vegetable Soup, Pesto Pasta Salad with Sliced Chicken, Lemon Cake</p>	<p><b>BREAKFAST</b> <sup>27</sup> Breakfast Muffins, Hash Browns with Onions and Peppers, Eggs, Fruit</p> <p><b>LUNCH</b> Chicken Pot Pie, Garden Salad, Fruit</p> <p><b>DINNER</b> Country Vegetable, Spaghetti &amp; Meat Balls, Salad, Garlic Bread, Chocolate Pudding</p>	<p><b>BREAKFAST</b> <sup>28</sup> Blueberry Pancakes, Eggs Any Style, Hot &amp; Cold Cereal, &amp; Fresh Fruit</p> <p><b>LUNCH</b> Chicken Noodle Soup, Assorted Deli Wraps, Potato Chips, Orange Slices, Chocolate Chip Cookie</p> <p><b>DINNER</b> Egg Drop Soup, Quiche, Potatoes, Salad, Honey Yogurt &amp; Berries</p>	<p><b>BREAKFAST</b> <sup>29</sup> Hot or Cold Cereal, Breakfast Muffins, Scrambled Eggs with Onions and Peppers, Toast, Fresh Fruit</p> <p><b>LUNCH</b> Vegetable Soup, Grilled Chicken, Squash with Roasted Potatoes, Sliced Melons</p> <p><b>DINNER</b> Squash Soup, Macaroni &amp; Cheese Green Salad, Shortbread &amp; Berries</p>
<p><b>BREAKFAST</b> <sup>30</sup> Bagel, Eggs Any Style, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Vegetable Soup, Pasta Primavera, Garlic Bread, Sliced Cucumber, Fruit</p> <p><b>DINNER</b> Vegetable Soup, Lemon Herb Chicken, Potatoes, Green Beans</p>	<p><b>BREAKFAST</b> <sup>31</sup> Pancakes, Eggs Any Style, Beef Sausage, Hot &amp; Cold Cereal, Fresh Fruit, Prunes</p> <p><b>LUNCH</b> Clam Chowder Soup, Fish, Vegetable Rice Bowl, Pear Crisp with Spiced Cream</p> <p><b>DINNER</b> Vegetable Soup, Assorted Deli Plate, Sliced Fruit</p>					

Dining Hours | Breakfast from 8:00am to 9:30am | Lunch from 12:00pm to 1:30pm | Dinner from 5:00pm to 6:30pm  
Menu Subject to Change

We prepare our menu with no added salts or sugars.  
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