

# Ashford Meal Calendar

June

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 <b>B:</b> French Toast L: Ham, Cheesy Potatoes, Carrots, Roll, Garden Salad <b>D:</b> Chicken Salad on Croissants, Fruit, Pink Salad		<b>Memory Care Meal Times</b> Breakfast: 8:30 Lunch: 11:30 Dinner: 4:45	<b>Assisted Living Meal Times</b> Breakfast: 8:00 - 9:00 Lunch: 12:00 - 1:00 Dinner: 5:00 - 6:00	<b>Alternate Menu</b> Grilled Cheese Chef Salad Baked Potato Ham & Cheese Sandwich Hamburger/Cheeseburger		1 <b>B:</b> Bagel, Cream Cheese L: Chicken Alfredo, Pasta Breadstick, Broccoli, Caesar Salad <b>D:</b> Ham Sliders, Macaroni Salad, Watermelon
2 <b>B:</b> French Toast L: Turkey, Cranberry Sauce, Mashed Potatoes, Green Beans, Salad <b>D:</b> Baked Potato Bar, Chili, Cheese, Sour Cream, Bacon	3 <b>B:</b> Avocado Toast, Eggs L: Mexican Pork Salad, Chips & Guacamole <b>D:</b> Reuben Sandwich, French Fries, 5 Cup Salad	4 <b>B:</b> Crepes <b>Nat'l Cheese Day</b> L: Chili Mac & Cheese, Zucchini Spears, Pink Salad <b>D:</b> Teriyaki Thighs, Rice, Egg Rolls, Fortune Cookies	5 <b>B:</b> Biscuits & Gravy L: Salmon, Lemon Orzo Salad, Asparagus, Mixed Berry Salad, Tartar Sauce <b>D:</b> Lemon Basil Tortellini Salad, Fruit, Roll	6 <b>B:</b> Muffin, Yogurt Parfait L: Baked Ziti, Garlic Breadstick, Broccoli, Caesar Salad <b>D:</b> Chicken Curry, Rice, Tomato Cucumber Salad, Grapes	7 <b>B:</b> Pancakes, Eggs <b>Nat'l Choc Ice Cream Day</b> L: Breaded Shrimp w/ Orange Chili Sauce, Rice, Egg Roll <b>D:</b> Grilled Cheese Sandwich, Onion Rings, Fruit	8 <b>B:</b> Breakfast Burrito L: Creamy Chicken, Mashed Potatoes, Zucchini Spears, Roll <b>D:</b> Shepherd's Pie, Fruit, Roll
9 <b>B:</b> Toast, Egg L: Ham, Cheesy Potatoes, Carrots, Roll, Garden Salad <b>D:</b> Roasted Porcini Soup, Artisan Bread, Garden Salad	10 <b>B:</b> Breakfast Skillet L: Meatloaf, Twice Baked Potatoes, Zucchini, Roll Garden Salad <b>D:</b> Chicken Divan, Rice, Carrots, Roll	11 <b>B:</b> Yogurt & Berry Cones Hot Dogs, Italian Pasta Salad, Macaroni & Cheese, Melon <b>D:</b> Spaghetti, French Bread, Caesar Salad	12 <b>B:</b> Danish L: Boneless Pork Ribs, Baked Beans, Green Salad, Cheesecake Fruit Salad <b>D:</b> Egg Salad, Raspberry Jell-O Fluff, Chips	13 <b>B:</b> Cold & Hot Cereal <b>Honoring Father's Lunch</b> Tenderloin Steak, Baked Potato, Green Beans, Salad <b>D:</b> Shrimp Scampi, Pasta Mixed Vegetables	14 <b>B:</b> Bagels, Cream Cheese <b>Flag Day</b> L: Fried Chicken, Mashed Potatoes, Corn, Salad, Roll <b>D:</b> Meatball Slider, French Fries, Fruit, Garden Salad	15 <b>B:</b> Cinnamon Rolls L: Fish & Chips, Creamy Fruit Salad, Garden Salad, Watermelon <b>D:</b> Chicken Pockets, Waldorf Salad, Vegetables
16 <b>B:</b> Egg Casserole <b>Father's Day</b> Pot Roast, Mashed Potatoes, Vegetable, Roll <b>D:</b> Baked Potato Bar, Broccoli Cheese, Potato Topping	17 <b>B:</b> Muffins, Parfait <b>Nat'l Eat Your Vegetables Day</b> Vegetable Lasagna, Garlic Bread, Carrots Krab Salad, Avocado & Tomato Slice, Roll, Lemon	18 <b>B:</b> Waffles Tomato Basil Chicken, Pasta, Fresh Vegetables, Roll Tomato Cucumber Salad <b>D:</b> Pizza, Garlic Breadsticks	19 <b>B:</b> French Toast L: Shrimp Curry, Rice, Egg Roll, Fruit, Garden Salad <b>D:</b> Hawaiian Haystack, Watergate Salad, Roll	20 <b>B:</b> German Pancakes L: Ranch Chicken, Ranch Roasted Potatoes, Carrots, Garden Salad, Roll <b>D:</b> Grilled Ham & Cheese, Chips, Fruit	21 <b>B:</b> Smoothies <b>Nat'l Smoothie Day</b> Turkey, Bacon, Avocado Sandwiches, French Fries, Fruit <b>D:</b> Chicken Parmesan, Pasta, Squash, Roll	22 <b>B:</b> Breakfast Skillet <b>Nat'l Onion Ring Day</b> Chicken Patty Sandwich, Onion Rings, Orzo Salad <b>D:</b> Sloppy Joes, Roasted Potatoes, Jell-O
23 <b>B:</b> Eggs, Toast L: Salisbury Steak, Mashed, Potatoes, Mixed Veg., Roll, Berry Salad <b>D:</b> Soup, Artisan Bread, Garden Salad	24 <b>B:</b> Danish, Eggs L: Honey Garlic Kielbasa with Potatoes & Broccoli, Mixed Berry Salad <b>D:</b> Chicken Supreme, Butternut Squash, Roll, Green Salad	25 <b>B:</b> Pancakes, Eggs L: Brisket, Baked Beans, Coleslaw, Macaroni Salad, Cornbread <b>D:</b> Sweet & Sour Pork, Rice, Asian Salad	26 <b>B:</b> Avocado Toast, Eggs <b>Nat'l Chocolate Pudding Day</b> L: Flauta, Rice, Refried Beans, Chips & Salsa <b>D:</b> Spinach Chicken and Bowtie Pasta Salad, Roll	27 <b>B:</b> Biscuits & Gravy L: Salmon Tacos, Avocado Salsa, White Yogurt Sauce, Refried Beans, Rice <b>D:</b> Pulled Pork on Bun, Cream Corn, Salad	28 <b>B:</b> Crepes <b>National Tapioca Day</b> L: Smothered Chicken, Potatoes, Carrots, Roll <b>D:</b> Chili Dogs, Macaroni Salad, Chips, Garden Salad	29 <b>B:</b> Assorted Sweet Breads L: Pesto Tortellini Salad, Roll, Fruit Chicken Pot Pie, Raspberry Pretzel Salad, Garden Salad

\*\* Please note that due to the seasonal availability of food, that substitutions may be utilized for the overall improvement of the menu.

\*\*All Breakfasts include sausage, bacon, and seasonal fresh fruit

B: Breakfast, L: Lunch, D: Dinner