

ASHFORD MEAL CALENDAR

September

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST Biscuit, Sausage & Egg Sandwich Bacon/Sausage Fresh Fruit	BREAKFAST French Toast Bacon/Sausage Fresh Fruit	BREAKFAST Breakfast Burrito (Sausage, Peppers, Egg, Hashbrown) Bacon, Fresh Fruit	BREAKFAST Pancakes Bacon/Sausage Fresh Fruit	BREAKFAST Biscuits & Gravy Hashbrowns, Bacon/Sausage Fresh Fruit	BREAKFAST Breakfast Skillet Bacon/Sausage Fresh Fruit	BREAKFAST Waffles Bacon/Sausage Fresh Fruit
1 Swedish Meatballs Egg Noodles Mixed Vegetables Krab Salad, Tomato, Lemon, Egg, Crackers SOUP: Creamy Enchilada	2 White Chicken Enchiladas Rice 1 Baked Potato, Chili, Cheese Onions, Cornbread SOUP: Butternut Squash	3 Beef Pot Pie Garden Salad Biscuit Egg Salad Sandwich Chips, Watermelon SOUP: Cheesy Sausage Soup	4 Southwest Chicken Roll Rice Vegetable Baked Ziti Green Beans, Breadstick SOUP: Tomato	5 Pastrami Sandwich Mustard, Pickles, Pasta Salad, Waldorf Salad Orange Chicken Fried Rice, Egg Roll SOUP: Pasta Fagioli	6 Salisbury Steak Mashed Potatoes w/ gravy Peas & Carrots Turkey Dressing Casserole Jello Salad SOUP: Mushroom	7 Ranch Chicken Sandwich Pea Salad Chips Mini Corn Dogs, Tater Tots Veggie Sticks w/ Ranch SOUP: Taco Soup
8 Ham, Baked Potato Green Bean Casserole Roll Peanut Butter & Jelly Sandwich Tapioca Pudding, Banana SOUP: Minestrone	9 Pork Loin Sweet Mashed Potatoes Zucchini Shrimp Scampi, Pasta Vegetable, Breadstick SOUP: Corn Chowder	10 Country Fried Steak Mashed Potatoes, Gravy Mixed Vegetables Sloppy Joe w/ Bun Mixed Veggie, Jello Salad SOUP: Tomato	11 Turkey, Bacon, Avocado Sandwich, Fruit Salad Chips Chicken Supreme Green Beans, Roll SOUP: Creamy Chicken Noodle	12 Burrito Bowl Meat, Beans, Rice, Cheese Sour Cream, Guacamole Krab Cakes, Tartar Sauce Vegetable, Fruit Slice SOUP: Zuppa Toscana	13 Shredded BBQ Beef Sandwich, Corn on the Cob Baked Beans Chicken Crescent Roll Rice, Carrots SOUP: Split Pea	14 Beef Stroganoff Egg Noodles Vegetable, Roll Ham & Swiss Sandwich Macaroni Salad, Chips SOUP: White Chili
15 Roast Beef, Carrots Potatoes Roll Hot Dog w/ Chili & Cheese Macaroni Salad, Chips SOUP: Italian Wedding	16 Chicken Parmesan w/ Pasta Vegetable Garlic Breadstick Beef Fajitas, Lettuce, Tomato, Sour Cream, Rice, Beans SOUP: Tomato	17 Breaded Shrimp Orange Chili Sauce, Rice Vegetable Hamburger Sliders, Lettuce, Tomato, Pasta Salad SOUP: Corn Chowder	18 Terriyaki Chicken Thighs Rice Vegetable Shredded Pork Tostada, Beans Cheese, Lettuce, Tomato SOUP: Tortellini	19 Brisket Sweet Potato, Vegetable Roll Tuna Sandwich Veggie Cup, Waldorf Salad SOUP: French Onion	20 Mexican Pork Salad Lettuce, Tomato Cheese, Sour Cream Philly Steak Sandwich Red Potato Salad SOUP: Vegetable	21 Shepherd's Pie Garden Salad Waldorf Salad Chicken Salad Croissant Broccoli Salad SOUP: Potato
22 Turkey, Mashed Potatoes Gravy, Stuffing, Vegetable Cranberry Sauce, Roll BBQ Pork Sandwich Coleslaw, Chips SOUP: Tomato	23 Salmon Rice Pilaf Vegetable, Roll Kielbasa Sausage Onions, Peppers, Potatoes SOUP: Creamy Chicken Noodle	24 Lasagna Caesaer Salad Garlic Bread Red Beef Enchiladas Beans, Rice SOUP: Italian Chowder	25 Chicken Kabobs Greek Salad, Fruit Pita Sweet & Sour Pork Rice, Vegetable SOUP: Split Pea	26 Tortellini, Pesto, Grilled Chicken, Vegetables Garlic Bread Cobb Salad, Ham, Cheese, Egg Bacon, Onion, Dressing, & Roll SOUP: Zuppa Toscana	27 Fried Chicken, Mashed Potatoes w/ Gravy Coleslaw, Biscuit Pizza, Garden Salad Jello Salad SOUP: Cauliflower	28 Beef Taco, Lettuce Tomato, Cheese, Beans, Rice Sour Cream, Chips Fish & Chips, Tartar Sauce Coleslaw SOUP: Vegetable
29 Meatloaf Baked Potato Mixed Vegetables Chicken Cordon Bleu Rice, Carrots SOUP: Potato	30 Parmesan Tilapia Rice Pilaf, Steamed Carrots Roll Greg's Spaghetti Vegetable, Breadstick SOUP: Chicken Pazole					