

Ashford Meal Calendar

National Alzheimer's Month

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 B: French Toast L: Stuffed Pork Loin, Mashed Potatoes, Carrots D: Krab Salad with Avocado and Tomato Slice, Roll	2 Labor Day B: Pancakes L: Hamburgers, French Fries, Macaroni Salad, Watermelon D: Kabobs, Vegetable, Potato Salad	3 B: Crepes L: Chicken Cordon Bleu, Baked Potato, Squash, Homemade Bread D: Reuben Sandwich, Carrot Raisin Salad, Fruit	4 B: Muffin, Yogurt Parfait L: Chili Mac & Cheese, Roasted Vegetables, Pink Salad D: Ham Slider, Creamy Fruit Salad, Chips	5 B: Waffles L: Fried Chicken, Loaded Mashed Potatoes, Corn, Deviled Egg D: Baked Ziti, Caprese Salad, Garlic Breadsticks	6 B: Danish, Eggs L: Pulled Pork, Bun, Coleslaw, Grapes D: Harvest Cobb Salad with Maple Poppy Seed Dressing	7 B: Breakfast Skillet L: Italian Beef Sandwiches Italian Pasta Salad, Fruit D: Beef Enchiladas with Peach Salsa, Beans, Rice
8 Grandparent's Day B: Avocado Toast, Hash browns L: Turkey, Mashed Potatoes, Stuffing, Cranberry Sauce, Corn D: Grilled Cheese on Artisan Bread, Tomato Soup, Fruit	9 Nat'l Assisted Living Week B: Cinnamon Rolls L: Chicken Alfredo, Pasta, Broccoli, Garlic Roll D: Apricot Chicken, Rice, Zucchini Meledy, Bread	10 Nat'l Assisted Living Week B: Poached Eggs w/ English Muffin L: Burrito Bowls, Calabacitas, Fruit D: Big Mac Sliders, Frog Eye Salad, French Fries	11 Patriot Day B: Blueberry Pancakes L: Barbara's Pork Chops with Roasted Vegetables, Garden Salad D: Sloppy Joes, Carrot & Celery Sticks w/ Dip, Waldorf Salad	12 Nat'l Assisted Living Week B: German Pancakes L: Brisket, Loaded Mashed Potatoes, Cornbread, Fruit L: Chicken or Beef Fajitas, Beans, Corn Salad, Guacamole	13 Nat'l Assisted Living Week B: Biscuits & Gravy L: Breaded Shrimp with Ashford Sauce, Rice, Egg Roll D: Spaghetti, Pasta, Garlic Breadsticks, Caesar Salad	14 Nat'l Assisted Living Week B: Omelet Scramble, Toast L: Enchiladas, Spanish Rice, Beans, Black Bean Salsa D: Hawaiian Haystack, Roll
15 B: Baked Ham and Egg Cups L: Pot Roast, Mashed Potatoes, Carrots, Salad D: Chicken Salad on Croissants, Carrot Raisin Salad, Fruit	16 B: French Toast L: Beef Short Ribs, Smashed Potatoes, Macaroni Salad D: Tomato Sandwich, Pasta Salad, Deviled Egg	17 B: Egg Benedict L: Huli Huli Chicken, Rice, Grilled Pineapple, Melon D: Chicken or Shrimp Curry, Rice, Egg Rolls	18 B: Crepes L: Hot Dog, "Jdawg" Sauce, French Fries, Watermelon D: Hawaiian Chicken Sliders, Sweet Potato Fries, Grapes	19 B: Muffin, Yogurt Parfait L: Meatloaf, Mashed Potato, Garlic Bacon Green Beans L: Creamy Chicken, Mashed Potatoes, Carrots	20 B: Candied Bacon Waffles L: Stuffed Chicken, Baked Potato, Green Beans D: Pananzella Salad Roasted Vegetables	21 B: Danish, Eggs L: Turkey, Bacon, Avocado Sandwich, French Fries, Jell-O D: Teriyaki Thighs, Rice, Asparagus, Fortune Cookies
22 Fall Prevention Day B: Breakfast Skillet L: Ham, Cheesy Potatoes, Corn, Salad D: Baked Potato, Potato Topping, Garden Salad	23 B: Blueberry Pancakes L: Fish & Chips, Tartar Sauce, Vegetable D: BLT Sandwich, Watergate Salad, Chips	24 B: Cold & Hot Cereal L: Mexican Pork Salad Chips & Salsa/Guacamole D: Grilled Ham & Cheese Watergate Salad, Berries	25 Nat'l Ice Cream Cone Day B: Cinnamon Rolls L: Chicken Lemon Basil Salad, Fruit, Artisan Bread D: Mac & Cheese, Tomato Slices,	26 Nat'l Pancake Day B: Pancakes L: Pork Ribs, Potato, Baked Beans, Bacon Green Beans D: Sweet Pork Nachos, Chips & Salsa/Guacamole	27 B: Biscuits & Gravy L: Shrimp Scampi, Mixed Vegetables D: Egg Salad, Chips, Garden Salad	28 B: Eggs in a Frame, Toast L: Flauta, Beans, Rice, Calabacitas D: Chicken Pot Pie, Cucumber Dill Salad, Roll
29 B: Egg Casserole L: Salisbury Steak, Mashed Potatoes, Brussel Sprouts, Salad D: Dressing Casserole, Caesar Salad, Fruit	30 B: French Toast L: Lasagna, French Bread, Caprese Salad D: Chicken Wrap, Sweet Potato Fries, Jell-O	31 B: Pancakes L: Shrimp Curry, Rice, Egg Roll, Cabbage Salad D: Pizza, Garlic Breadstick, 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

**Main Dish Salad is offered for lunch and dinner.

B: Breakfast, L: Lunch, D: Dinner

National Alzheimer's Awareness Month