

# ASHFORD MEAL CALENDAR

March

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ham & Egg Cup* Stuffed Pork Loin with Cranberry Stuffing, Scalloped Potatoes, Carrots* Beef Stew*, Cheesy Biscuits SOUP: Chicken Noodle*	2 Breakfast Sandwich Turkey*, Roasted Yams*, Green Beans*, Jell-O* Cranberry Sauce Crab Salad* with Tomato and Avocado Slice* SOUP: Chef Choice	3 Bagels, Cream Cheese Mexican Pork Salad* (Sweet Pork, Rice, Beans, Cilantro Lime Dressing) Pizza, Garlic Breadstick, Caesar Salad* SOUP: Fagioli	4 Egg in a Frame Chicken Fried Steak, Mashed Potatoes with Country Gravy, Corn, Roll Grilled ABC, French Fries, Broccoli Salad* SOUP: French Onion*	5 Tri-Berry Waffles Flautas*, Refried Beans, Black Bean Salsa*, Corn Chips Loaded Baked Potato, Garden Salad*, Bread SOUP: Chicken Tortilla*	6 Crepes*, Mixed Berries Stuffed Chicken*, Baked Potato with Topping, Southwest Salad* Ham Sliders, Macaroni Salad, Cottage Cheese w/ Pear* SOUP: Broccoli Cheese*	7 Breakfast Skillet Parmesan Tilapia*, Rice, Roasted Butternut Squash*, Waldorf Salad Spaghetti*, Pasta or Zoodles*, Garlic Bread SOUP: Corn & Potato Chowder
8 Biscuit & Gravy Pot Roast* with Potatoes & Carrots*, Gravy, Garden Salad*, Roll Egg Salad* Sandwich, Frog Eye Salad, Jell-O* SOUP: Loaded Baked Potato	9 Muffins, Yogurt Parfait Ziti, Garlic Breadsticks, Parmesan Zucchini Spears* Chicken Salad* on Croissants, Fruit Cup*, Chips SOUP: Cream of Asparagus	10 Blueberry Pancakes Prime Rib*, Baked Potato, Roasted Root Vegetables*, Garden Salad*, Roll Hot Dog*, Chili, Onions* , Cheese*, Potato Salad SOUP: Taco Soup	11 Eggs*, Toast, Hashbrowns Creamy Lemon Pasta with Bacon & Peas, Carrots*, Squash Medley*, Roll Chicken Curry*, Rice or Zoodles*, Egg Roll SOUP: Italian Chowder*	12 Danish, Overnight Oats* Mexican Lasagna, Sour Cream, Guacamole*, Chips & Salsa Pulled Pork Slider, Coleslaw*, Baked Beans SOUP: Chili	13 Breakfast Casserole Smothered Pork Chops, Scalloped Potatoes, Peas*, Watergate Salad Hawaiian Haystacks, Roll SOUP: Butternut Squash*	14 Cinnamon French Toast Salisbury Steak*, Mashed Potatoes with Gravy, Squash Medley* Bread Broccoli Cheese Soup* in a Bread Bowl, Fruit* SOUP:
15 Ham & Egg Cup* Meatloaf*, Baked Potatoes, Corn, Garden Salad*, Roll Loaded Baked Potato, Garden Salad*, Roll SOUP: Chicken Noodle*	16 Breakfast Sandwich Beef Enchiladas, Black Beans, Salsa*, Calabacitas*, Guacamole* Egg Roll in a Bowl*, Ginger Cabbage Salad* SOUP: Chef Choice	17 Bagels, Cream Cheese Corned Beef* & Potatoes, Cabbage*, Irish Soda Bread Shepherd's Pie, Cottage Cheese w/ Pear*, Roll SOUP: Irish Stew	18 Egg in a Frame Boneless Pork Ribs*, Candied Sweet Potato, Corn, Garden Salad* Stuffed Hamburgers, Broccoli*, Waldorf Salad SOUP: French Onion*	19 Tri-Berry Waffles Breaded Shrimp Orange Chili Sauce, Ham Fried Rice, Egg Roll Reuben Sandwich, Carrot Raisin Salad*, French Fries SOUP: Chicken Tortilla*	20 Crepes*, Mixed Berries Creamy Chicken Basil Sauce*, Pasta or Zoodles*, Fresh Vegetables* Macaroni & Cheese, Tomato Slices* SOUP: Broccoli Cheese*	21 Breakfast Skillet Fried Chicken, Mashed Potatoes with Country Gravy, Corn Sweet & Sour Pork, Rice, Egg Roll SOUP: Corn & Potato Chowder
22 Biscuit & Gravy Turkey*, Mashed Potatoes, with Gravy, Peas and Mushrooms* Crab Cakes*, Tartar Sauce*, French Fries, Coleslaw* SOUP: Loaded Baked Potato	23 Muffins, Yogurt Parfait Brisket*, Baked Beans, Baked Potato, Cornbread, Garden Salad* Chicken Parmesan*, Pasta or Zoodles*, Broccoli* SOUP: Cream of Asparagus	24 Blueberry Pancakes Pad Thai (Chicken or Shrimp), Berry Cup Appetizer Assortment* SOUP: Taco Soup	25 Eggs*, Toast, Hashbrowns Fresh Salmon* with Dill Sauce*, Orzo, Roasted Vegetables* Italian Chicken*, Mashed Potatoes, Broccoli* SOUP: Italian Chowder	26 Danish, Overnight Oats Pot Roast*, Scalloped Potatoes, Bacon Green Beans*, Cheesy Biscuits Sloppy Joe's on Slider Roll, Cottage Cheese*, Deviled Egg* SOUP: Chili	27 Breakfast Casserole Lasagna, French Bread, Garlic Butter, Caesar Salad* Chicken Pot Pie, Strawberry Mandarin Salad* SOUP: Butternut Squash	28 Cinnamon French Toast Italian Beef* Sandwich, Macaroni Salad, Creamy Fruit Salad Meatball Slider, French Fries, Watergate Salad SOUP:
29 Ham & Egg Cup* Ham*, Cheesy Potatoes, Parmesan Asparagus*, Pink Salad Tator Tot Casserole, Green Beans*, Carrots* SOUP: Chicken Noodle*	30 Breakfast Sandwich Chicken Cordon Bleu, Baked Potato, Broccoli* Garden Salad* White Chicken Enchiladas, Pinto Beans, Calabacitas* SOUP: Chef Choice	31 Bagels, Cream Cheese Turkey Bacon & Avoado* Sandwich, Broccoli Salad*, Frog Eye Salad Patty Melt with Grilled Onions, Green Beans* SOUP: Fagioli	*low carb/diabetic friendly or can be modified to low carb	<b>Alternate Menu</b> Hot Dog Hamburger/Cheeseburger Grilled Cheese Chef Salad* Soup of the Day* Egg Salad* Sandwich	<b>MC Meal Times</b> <b>Breakfast 7:45</b> <b>Lunch 11:45</b> <b>Dinner 4:45</b>	<b>AL Meal Times</b> <b>Breakfast 8:15</b> <b>Lunch 12:15</b> <b>Dinner 5:15</b>