

ASHFORD MEAL CALENDAR

August

2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|---|
| 2 Breakfast Skillet BBQ Chicken Baked Beans, Corn Biscuit | 3 French Toast Stuffed Bell Pepper Loaded Baked Potato Mixed Vegetable | 4 Eggs, Toast, Hashbrown Sweet Pork Salad, Lettuce Tomato, Cheese, Rice Sour Cream, Chips | 5 Muffin, Yogurt Parfait, Eggs Chicken Pesto Tortellini Onions, Peppers, Jello, Garlic Bread | 6 Breakfast Sandwich Beef Empanadas Lemon Orzo Pasta Salad Fruit Salad | 7 Biscuits & Gravy Salisbury Steak Mashed Potatoes, Gravy Mixed Vegetables | 8 Waffles Teriyaki Chicken Fried Rice Egg Roll |
| Italian Slider (Ham, Salami, Pepperoni) Red Potato Salad Soup: Creamy Tomato | Ranch Chicken Bacon Wrap Pasta Salad, Chips Soup: Cheesy Potato | Baked Ziti Vegetables, Breadstick Soup: White Chicken Chili | Shredded Beef, Vegetables Macaroni & Cheese Soup: Corn Chowder | Asian Chicken Salad Roll Soup: Zuppa Toscana | Chicken Cordon Bleu Rice Pilaf, Carrots Soup: Creamy Chicken Noodle | Philly Steak Sandwich Sweet Potato Fries Soup: Creamy Enchilada |
| 9 Danish, Hashbrown, Eggs Turkey, Mashed Potatoes Gravy, Stuffing, Cranberry Sauce, Green Beans | 10 Eggs Benedict Parmesan Tilapia Rice Pilaf Mixed Vegetables | 11 Pancakes Shepherd's Pie Mixed Vegetables Roll | 12 Breakfast Quiche Boneless Pork Ribs Baked Yam, Beet Salad Cornbread | 13 Crepes w/ Mixed Berries White Chicken Enchilada Black Bean Salad Rice | 14 Breakfast Burrito Country Fried Steak Mashed Potatoes, Gravy Corn on The Cob | 15 Bagel, C.Cheese, Eggs Ranch Chicken Sandwich 5 Cup Salad Chips |
| Swedish Meatballs Egg Noodles, Peas & Carrots Soup: Minestrone | Chicken Salad Croissant Waldorf Salad, Chips Soup: Creamy Tomato | Enchilada Pasta Garden Salad Soup: Corn Chowder | Egg Salad Sandwich Antipasto Salad, Chips Soup: Vegetable | Mandarin Pasta Spinach Salad w/ Chicken & Roll Soup: Chicken & Wild Rice | Tuna Melt Fruit Salad, Chips Soup: Clam Chowder | Greg's Spaghetti Caesar Salad, Breadstick Soup: Minestrone |
| 16 Breakfast Skillet Meatloaf Mashed Potatoes, Gravy Mixed Vegetables | 17 French Toast Chicken Parmesan w/ Pasta Steamed Broccoli Garlic Bread | 18 Eggs, Toast, Hashbrown Pork Loin Sweet Mashed Potatoes Mixed Vegetables | 19 Muffin, Yogurt Parfait, Eggs Hamburger Quiche Spinach Salad Yogurt Parfait | 20 Breakfast Sandwich Turkey, Bacon, Avocado w/ Lettuce & Tomato Seven Layer Salad, Fruit Slice | 21 Biscuits & Gravy Fried Chicken, Mashed Potatoes, Gravy, Coleslaw Biscuit | 22 Waffles Beef Stroganoff Egg Noodles, Mixed Vegetables |
| Fish & Chips Coleslaw, Orange Slices Soup: Creamy Tomato | Baked Potato, Chili, Cheese, Onion, Garden Salad Soup: Cheesy Potato | Roast Beef & Cheddar Sand. Potato Salad Soup: White Chicken Chili | Chicken Supreme Garden Salad Soup: Corn Chowder | Shrimp Scampi w/ Linguini Veggie, Garlic Bread Soup: Zuppa Toscana | Pizza, Garden Salad, Jello Salad Soup: Creamy Chicken Noodle | Sweet & Sour Pork Fried Rice, Egg Roll Soup: Creamy Enchilada |
| 23 Danish Hashbrown, Eggs Ham, Scalloped Potatoes, Green Beans Roll | 24 Eggs Benedict Summer BBQ Hamburger or Hot Dog Potato Salad, Chips, Cookie | 25 Pancakes Salmon Rice Pilaf, Squash Medley Roll | 26 Breakfast Quiche Southwest Chicken Roll Black Bean Salsa Vegetable | 27 Crepes w/ Mixed Berries Turkey Sausage Pasta Dish Spinach Salad Garlic Bread | 28 Breakfast Burrito Open Faced Turkey Sandwich Mashed Potatoes, Gravy Stuffing, Cran. Sauce, Veggie | 29 Bagel C. Cheese, Eggs Beef Taco, Lettuce, Tomato, Cheese, Rice, Beans Chips, Sour Cream |
| Sloppy Joe Macaroni & Cheese, Jello Soup: Minestrone | Lemon Honey Chicken Egg Noodles, Vegetable Soup: Creamy Tomato | Grilled Ham & Cheese 5 Bean Salad, Chips Soup: Corn Chowder | Chef's Salad (Ham, Egg Cheese, Bacon, Onion) Roll Soup: Vegetable | BBQ Pork Sandwich Coleslaw, Chips Soup: Chicken & Wild Rice | Chicken Tenders French Fries, Veggie Sticks Soup: Clam Chowder | Reuben Sandwich Macaroni Salad Soup: Minestrone |
| 30 Breakfast Skillet Roast Beef, Potatoes, Carrots, Jello Roll | 31 French Toast Breaded Shrimp Orange Chili Sauce Rice, Green Beans | | | Memory Care Mealtimes Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30 | Assisted Living Mealtimes Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00 | Breakfast Alternates: Eggs, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt Lunch/Dinner Alternates: Cheeseburger, Chef Salad Baked Potato, Grilled Cheese, Tuna, Deli, Egg Salad Sandwich |
| Italian Chicken Egg Noodles, Peas & Carrots Soup: Creamy Tomato | Kielbasa Sausage Onions, Peppers, Potatoes Soup: Cheesy Potato | | | | | |