

# ASHFORD MEAL CALENDAR

**September**

**2020**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>September Holidays</b> 7 -- Labor Day 13 -- Grandparents Day 22-- First Day of Fall	<i>*Garden side salad can be added to any lunch or dinner</i>  <i>**Seasonal fresh fruit available for breakfast and lunch.</i>	1 Biscuit & Gravy	2 Waffles, Eggs	3 Cereal & English Muffin	4 Eggs, Toast, Hashbrowns	5 Breakfast Berry Bake
		Stuffed Chicken, Candied Sweet Potato, Green Beans with Almonds	Beef or Shrimp Fajitas, Refried Beans, Fiesta Rice, Salsa Guacamole	Ziti, Garlic Breadstick, Bruschetta	Meatloaf, Baked Potato w/ Topping, Pear Pomegranate Salad	Creamy Chicken, Steamed Rice (MC: Potato), Candied Yams
		Sloppy Joes, Roasted Ranch Potatoes, Deviled Egg	Grilled Chicken & Peach Salad, Roll (MC: Sandwich)	Gourmet Grilled Cheese, Homemade Tomato Soup	Ham Sliders, Chip w/ Dip, Watermelon Feta Salad	Sourdough Tuna Melt, Macaroni Salad, Melon
		SOUP: Taco	SOUP: Taco	SOUP: French Onion	SOUP: French Onion	SOUP: Chicken Noodle
6 German Pancakes Ham, Cheesy Potatoes, Watergate Salad, Honey Glazed Carrots	7 Breakfast Sandwich Hamburgers/Cheeseburger, Potato Salad, Watermelon Slices	8 Crepes, Mixed Berries Chicken Strawberry Spinach Pasta Salad, Homemade French Peasant Bread	9 Danish, Yogurt Parfait Fresh Salmon, Dill Sauce, Orzo, Squash Sautee, Seasonal Berry Cup	10 French Toast,Hashbrown Fried Chicken(MC: Tenders), Mashed Potatoes w/ Gravy, Buttered Corn	11 Bagel, Cream Cheese Lasagna, Homemade Focaccia, Green Beans w/ Bacon	12 Scrambled Egg Muffins Parmesan Tilapia, Rice Pilaf (MC: Potato), Mixed Vegetables
Chicken Alfredo, Pasta, Roasted Broccoli SOUP: Chicken Noodle	Chicken Salad on Croissant, Fresh Fruit Cup SOUP: Italian Chowder	Crab & Shrimp Salad, Avocado & Tomato Slices SOUP: Italian Chowder	Chicken Basil Tortellini Salad, Roll SOUP: Minestrone	Reuben Sandwich, Sweet Potato Fries SOUP: Minestrone	Teriyaki Salmon Sliders with Cucumbers, Fruit SOUP: Homemade Tomato	Tacos, Refried Beans, Fiesta Rice,Salsa,Guacamole SOUP: Homemade Tomato
13 Coffee Cake, Eggs Turkey, Homemade Stuffing, Mashed Potatoes, Gravy, Green Beans, Roll	14 Muffin, Yogurt Pesto Vegetable Pasta, Garlic Breadstick Fresh Fruit Cup	15 Quiche Honey Spice Chicken Thigh, Ranch Roasted Potatoes, Jicama Orange Salad	16 Waffles, Eggs Brisket, Baked Potato, Cornbread, Macaroni Salad	17 Cereal & English Muffin Breaded Shrimp, Ham Fried Rice, Egg Roll with Orange Chili Sauce	18 Eggs, Toast, Hashbrowns Chicken Curry, Jasmine Rice, Egg Roll with Orange Chili Sauce	19 Breakfast Berry Bake Fish & Chips, Tartar and Fry Sauces, Apple Coleslaw
Sweet & Sour Pork Jasmine Rice, Egg Roll SOUP: Chicken Tortilla	Shepherd's Pie, Roll SOUP: Chicken Tortilla	Enchilada, Black Bean Salsa, Guacamole SOUP: Corn Chowder	Chicken Wrap, Fresh Tomato Slices SOUP: Corn Chowder	Chicken Pot Pie, Garden Salad w/ Peach Vinaigrette SOUP: Mushroom	Grilled Ham & Cheese on Artisan Bread, Fruit SOUP: Mushroom	Egg Salad Sandwich, Fresh Tomato Slices SOUP: Fagioli
20 German Pancakes Pot Roast, Potatoes, Carrots, Gravy, Strawberry Mandarin Salad	21 Breakfast Sandwich Turkey, Bacon, Avocado Sandwich, Frog Eye Salad, Fresh Tomato Slice	22 Crepes, Mixed Berries Chicken & Fall Veggie Skillet, Garden Salad, Roll	23 Danish, Yogurt Parfait Creamy Basil Chicken, Pasta (MC:Mashed Potatoes), Squash Medley	24 French Toast, Hashbrown Chicken Puff Pastries w/ Béchamel Sauce, Mixed Vegetables, Roll	25 Bagel, Cream Cheese Philly Cheesesteak Sliders, Watermelon Feta Salad	26 Scrambled Egg Muffins Pulled Pork Sliders, Potato Salad, Broccoli Salad
Tater Tot Casserole, Roll, Fresh Fruit SOUP: Fagioli	Pizza, Garlic Breadstick, Caesar Salad SOUP: Carrot Chowder	Corn Chowder in a Bread Bowl, Fresh Fruit SOUP: Carrot Chowder	Honey Sesame Chicken, Rice, Carrots SOUP: Tortellini	Pork Street Tacos, Black Bean Salsa, Fruit SOUP: Tortellini	Teriyaki Spinach Pasta Salad, Cheesy Biscuit SOUP: Creamy Chicken	Orange Chicken, Jasmine Rice, Egg Roll SOUP: Creamy Chicken
27 Coffee Cake, Eggs Salisbury Steak, Mashed Potatoes w/ Gravy, Melon Slices, Roll	28 Muffin, Eggs Ranch Chicken, Roasted Butternut Squash, Garden Salad	29 Biscuit & Gravy Chicken Parmesan, Pasta (MC: Potatoes), Roasted Zucchini	30 Waffles, Eggs Chicken Cordon Bleu, Baked Potato w/ Topping, Green Beans	<u>Breakfast Alternates</u> Eggs Made to Order Toast Oatmeal Cream of Wheat Variety of Cold Cereal	<u>Lunch &amp; Dinner Alternates</u> Hamburger/Cheeseburger Tuna or Egg Salad Deli Sandwich Grilled Cheese Chef Salad	<u>Alternates (Con't)</u> Sliced Tomato Campbell's Tomato Soup Campbell's Chicken Noodle Grilled Ham & Cheese Soup of the Day
Loaded Baked Potato, Mandarin & Orange Salad SOUP: Enchilada	Chicken & Fresh Fruit Poppseed Salad SOUP: Enchilada	Big Mac Sliders, Frog Eye Salad, French Fries SOUP: Potato	Stuffing Casserole, Green Beans SOUP: Potato			