

ASHFORD MEAL CALENDAR

September

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Eggs, Toast, Hashbrown Salisbury Steak Mashed Potatoes, Gravy Mixed Vegetable Italian Slider (Ham, Salami, Pepperoni) Red Potato Salad Soup: Vegetable Beef	2 Muffin, Yogurt, Fried Egg Chicken Pesto Tortellini Onions, Peppers Jello, Garlic Bread Tortilla Casserole Spanish Rice, Garden Salad Soup: Corn Chowder	3 Pancakes Country Fried Steak, Mashed Potatoes, Gravy Vegetable Orange Chicken Fried Rice, Green Beans Soup: Tortellini	4 Eggs Benedict Brisket Baked Beans Corn on the Cob, Biscuit Tuna Sandwich Jello Salad, Veggie Cup Soup: Cheesy Potato	5 Waffles Ranch Chicken Sandwich 5 Cup Salad Chips Shredded Beef, Macaroni & Cheese, Mixed Vegetables Soup: Creamy Enchilada
6 Danish, Hashbrown, Eggs Turkey, Mashed Potatoes, Gravy, Stuffing, Cranberry Sauce, Green Beans Meatball Sub, Watermelon, Tapioca Pudding Soup: Minestrone	7 Biscuits & Gravy Parmesan Tilapia Rice Pilaf, Creamed Peas Roll Baked Ziti Mixed Vegetables, Breadstick Soup: Creamy Chicken Noodle	8 Omelet Scram, Hashbrown Chicken Pot Pie Garden Salad Orange Slice Roast Beef & Cheddar Sandwich Fruit Salad, Chips Soup: Creamy Mushroom	9 Crepes w/ Mixed Berries Shredded Pork, Roll Macaroni Salad Pineapple & Kiwi Asian Chicken Salad w/ Mandarin Oranges & Roll Soup: Corn Chowder	10 Breakfast Sandwich Burrito Bowl Meat, Beans, Rice, Cheese Sour Cream, Guac.,Chips Egg Salad Sandwich Pasta Salad, Fruit Slice Soup: Sicilian Chicken	11 Breakfast Casserole Beef Stroganoff Egg Noodles Peas & Carrots, Roll Baked Potato, Chili, Cheese, Sour Cream, Garden Salad Soup: Vegetable	12 Bagel, C. Cheese, Eggs Teriyaki Chicken Fried Rice Egg Roll, Fortune Cookie Philly Steak Sandwich Sweet Potato Fries Soup: Navy Bean
13 Breakfast Skillet Meatloaf Mashed Potatoes, Gravy, Mixed Vegetable, Roll Ranch, Bacon, Chicken Wrap 3 Bean Salad, Fruit Slice Soup: Creamy Tomato	14 French Toast Lasagna Caesar Salad Breadstick Krab Salad, Tomato, Egg, Lemon, Cracker Soup: Chicken Pazole	15 Eggs, Toast, Hashbrown Open Faced Shredded Beef, Mashed Potatoes, Gravy Corn on the Cob Teriyaki Turkey Burgers w/ Swiss & Pineapple, Mac. Salad Soup: Vegetable Beef	16 Muffin, Yogurt, Fried Egg Chicken Kabobs Greek Salad Pita Chef's Salad (Ham, Egg, Cheese, Bacon, Onion) Roll Soup: Corn Chowder	17 Pancakes Stuffed Bell Peppers Loaded Baked Potato Mixed Vegetables Chicken Salad Croissant Waldorf Salad, Chips Soup: Tortellini	18 Eggs Benedict White Chicken Enchilada Sauteed Carrots Rice Pilaf Pizza, Garden Salad Jello Salad Soup: Cheesy Potato	19 Waffles Greg's Spaghetti Caesar Salad Breadstick Sweet & Sour Pork Fried Rice, Egg Roll Soup: Creamy Enchilada
20 Danish, Hashbrown, Eggs Ham, Scalloped Potatoes Green Beans Roll Chicken Cordon Bleu Rice Pilaf, Carrots Soup: Minestrone	21 Biscuits & Gravy Salmon Butternut Squash, Orzo Pasta, Roll Enchilada Pasta Garden Salad Soup: Creamy Chicken Noodle	22 Omelet Scram, Hashbrown Country Fried Chicken Potato Salad, Corn on the Cob Cornbread Grilled Ham & Cheese 3 Bean Salad, Chips Soup: Creamy Mushroom	23 Crepes w/ Mixed Berries Beef Stew Cornbread Fruit Salad Mandarin Pasta Spinach Salad W/ Chicken & Roll Soup: Corn Chowder	24 Breakfast Sandwich Chicken Flautas Spanish Rice, Beans Sour Cream, Guac.,Chips Sloppy Joe Macaroni & Cheese, Jello Soup: Sicilian Chicken	25 Breakfast Casserole Pork Loin Mashed Potatoes Mixed Vegetables Lemon Honey Chicken Roasted Potatoes & Veggie Soup: Vegetable	26 Bagel, C. Cheese, Eggs Hot Dog w/ Bun Potato Salad, Watermelon Slice & Chips Swedish Meatballs Egg Noodles, Vegetable Soup: Navy Bean
27 Breakfast Skillet Roast Beef, Mashed Potatoes, Gravy Carrots, Roll Fish & Chips Tartar Sauce, Coleslaw Soup: Creamy Tomato	28 French Toast Chicken Parmesan, Pasta Mixed Vegetables Breadstick Turkey, Bacon, Avocado Sandwich, Fruit Salad Soup: Chicken Pazole	29 Eggs, Toast, Hashbrown Beef Enchiladas Rice, Beans Sour Cream & Guacamole Kielbasa Sausage, Potatoes, Bell Peppers & Onion Soup: Vegetable Beef	30 Muffin, Yogurt, Fried Egg Hawaiian Haystack (Cheese, Tomato, Pineapple, Coconut) Garden Salad, Roll BBQ Pork Sandwich Coleslaw, Watermelon Slice Soup: Corn Chowder	<p>Memory Care Mealtimes</p> <p>Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30</p> <p>Assisted Living Mealtimes</p> <p>Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00</p>		<p>Breakfast Alternates:</p> <p>Eggs, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt</p> <p>Lunch/Dinner Alternates:</p> <p>Cheeseburger, Chef Salad Baked Potato, Grilled Cheese, Tuna, Deli, Egg Salad Sandwich</p>