

ASHFORD MEAL CALENDAR

October

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		1 Breakfast Sandwich	2 Breakfast Skillet	3 Waffles
				Boneless Pork Chops	Beef Pot Pie	Teriyaki Chicken
				Twice Baked Potato Vegetable, Roll	Garden Salad Orange Slice	Fried Rice Egg Roll, Fortune Cookie
				Italian Slider (Ham, Salami, Pepperoni) Red Potato Salad	Tortilla Casserole Rice, Beans	Meatball Sub Tapioca Pudding, Veggie Cup
				Soup: Zuppa Toscana	Soup: Creamy Chicken Noodle	Soup: Creamy Enchilada
4 Bagel, C. Cheese, Eggs	5 Eggs, Toast, Hashbrown	6 Pancakes	7 Boiled Egg, Fruit, Toast	8 Omelet Scram, Eng. Muf	9 Biscuits & Gravy	10 Danish, Hashbrown, Eggs
Turkey, Mashed Potatoes, Gravy, Stuffing, Cranberry Sauce, Green Beans	Oktoberfest Brats w/ Onions, Peppers, Potato, Saurkraut, Soft Pretzel	Parmesan Tilapia Rice Pilaf Squash Medley	Lasagna Caesar Salad Breadstick	Shredded Pork, Roll, Macaroni Salad, Pineapple, Kiwi	Beef Stroganoff Egg Noodles Peas & Carrots, Roll	Ranch Chicken Sandwich 5 Cup Salad Chips
Ranch, Bacon, Chicken Wrap French Fries, Orange Slice	Reuben Sandwich Cottage Cheese & Fruit	Chef's Salad (Ham, Egg Cheese, Bacon, Onion) Roll	Egg Salad Sandwich Pasta Salad, Fruit Slice	Chicken Pocket Rice, Carrots	Hot Dog w/ Bun Potato Salad, Fruit	Turkey Dressing Casserole Vegetable, Jello Salad
Soup: Minestrone	Soup: White Chicken Chili	Soup: Creamy Tomato	Soup: Corn Chowder	Soup: Split Pea	Soup: Clam Chowder	Soup: Italian Wedding
11 Omelet Scram, Hashbrown	12 French Toast	13 Eggs Benedict	14 Muffin, Yogurt Parfait, Eggs	15 Breakfast Sandwich	16 Breakfast Skillet	17 Waffles
Meatloaf Mashed Potatoes, Gravy, Mixed Vegetable, Roll	Sweet Pork Salad Rice, Lettuce, Tomato Cheese, Sour Cream, Guac	Open Faced Shredded Beef Sandwich, Mashed Potatoes, Gravy, Corn	Chicken Pesto Tortellini Onions, Peppers, Jello Roll	Stuffed Bell Pepper Loaded Baked Potato Mixed Vegetables	Chicken Parmesan Sub Spaghetti Salad Fruit	Beef Taco, Lettuce, Tomato, Cheese, Sour Cream, Rice Beans, Chips & Salsa
Tuna Melt Pasta Salad, Chips	Baked Ziti Mixed Vegetables, Garlic Bread	Swedish Meatballs Egg Noodles, Peas & Carrots	Sweet & Sour Pork Fried Rice, Green Beans	Shrimp Scampi w/ Linguini Veggie, & Breadstick	Baked Potato, Chili, Cheese, Sour Cream, Garden Salad	Chicken Supreme Carrots, Waldorf Salad
Soup: Vegetable	Soup: Cheesy Potato	Soup: Butternut Squash	Soup: Corn Chowder	Soup: Zuppa Toscana	Soup: Creamy Chicken Noodle	Soup: Creamy Enchilada
18 Bagel, C. Cheese, Eggs	19 Eggs, Toast, Hashbrown	20 Pancakes	21 Boiled Egg, Fruit, Toast	22 Omelet Scramble, Eng. Muf	23 Biscuits & Gravy	24 Danish, Eggs, Hashbrown
Ham, Scalloped Potatoes, Green Beans, Roll	Salmon Rice Pilaf Creamed Peas, Roll	Country Fried Steak Mashed Potatoes, Gravy Vegetable	Chicken Curry w/ Rice Vegetable Naan Bread	Brisket Mashed Potatoes, Gravy Mixed Vegetable	Pork Loin Roasted Butternut Squash Mixed Vegetable	Shepherd's Pie Garden Salad Jello
Shredded Beef, Macaroni & Cheese, Mixed Vegetables	Kielbasa Sausage Onions, Peppers, Potato & Roll	Grilled Ham & Cheese Potato Salad, Chips	BBQ Pork Slider Macaroni & Cheese, Veggie	Chicken Salad Croissant Waldorf Salad, Jello	Greg's Spaghetti Caesar Salad, Breadstick	Chicken Cordon Bleu Rice Rilaf, Green Beans
Soup: Minestrone	Soup: White Chicken Chili	Soup: Creamy Tomato	Soup: Corn Chowder	Soup: Split Pea	Soup: Clam Chowder	Soup: Italian Wedding
25 Omelet Scram, Hashbrown	26 French Toast	27 Eggs Benedict	28 Muffin, Yogurt Parfait, Eggs	29 Breakfast Sandwich	30 Breakfast Skillet	31 Waffles
Roast Beef Potatoes, Carrots, Gravy, Roll	Fried Chicken Mashed Potatoes, Gravy Corn, Biscuit	Breaded Shrimp Orange Chili Sauce Rice, Squash Medley	Beef Stew Cornbread Garden Salad	Chicken Carbonara Mixed Vegetables Breadstick	Burrito Bowl Meat, Beans, Rice, Cheese Sour Cream, Guac. & Chips	Salisbury Steak Mashed Potatoes, Gravy Mixed Vegetables
Fish & Chips Tartar Sauce, Coleslaw	Enchilada Pasta Garden Salad	Philly Cheesesteak Sweet Potato Fries, Jello	Orange Chicken Fried Rice, Green Beans	Sloppy Joe w/ Bun Macaroni Salad, Chips	Pizza, Garden Salad Jello Salad	Homemade Chili, Bread Bowl Cheese, Onion, Sour Cream
Soup: Vegetable	Soup: Cheesy Potato	Soup: Butternut Squash	Soup: Corn Chowder	Soup: Zuppa Toscana	Soup: Creamy Chicken Noodle	Soup: Creamy Enchilada