

ASHFORD MEAL CALENDAR

January

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Memory Care Mealtimes</u> Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30</p>	<p><u>Assisted Living Mealtimes</u> Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00</p>	<p><u>Breakfast Alternatives</u> Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit</p>	<p><u>Lunch/Dinner Alternatives:</u> Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich</p>		<p>1 Baked Oatmeal Chicken Pot Pie, Garden Salad, Orange Slice Italian Slider, Antipasta Salad, Fruit Soup: Chicken & Wild Rice</p>	<p>2 Waffles Ranch Chicken Sandwich, 5 Cup Salad, Chips Sweet & Sour Pork, Fried Rice, Egg Roll Soup: Minestrone</p>
<p>3 Eggs, Toast, Hashbrown Ham, Scalloped Potatoes, Green Beans, Roll Baked Ziti, Caesar Salad, Garlic Bread Soup: Creamy Tomato</p>	<p>4 Pancakes Pork Chops, Sauerkraut, Steamed Red Potatoes, Squash Medley Turkey, Avocado, Bacon Sand. 5 Bean Salad, Chips Soup: Creamy Chicken Noodle</p>	<p>5 Omelet Scram, Hashbrown Shepherd's Pie, Mixed Vegetables, Roll Kielbasa Sausage, Potatoes, Onions, Peppers Soup: Vegetable</p>	<p>6 Muffin, Eggs, Yogurt White Chicken Lasagna, Garden Salad, Breadstick Beef Stroganoff, Egg Noodles, Vegetable Soup: Corn Chowder</p>	<p>7 Berry Bake Stuffed Bell Pepper, Baked Yam, Cottage Cheese with Pineapple Honey Spiced Chicken Thighs, Vegetable, Roll Soup: Split Pea</p>	<p>8 Eggs Benedict BBQ Pork Ribs, Baked Beans, Vegetable, Cornbread Shredded Beef, Macaroni & Cheese, Vegetable Soup: Clam Chowder</p>	<p>9 Bagel, Cream Cheese, Eggs Fried Chicken, Roasted Potatoes, Corn, Biscuit Beef & Rice Bowl with Julienne Carrots & Cucumber Soup: Italian Wedding</p>
<p>10 Danish, Eggs, Hashbrowns Meatloaf, Mashed Potatoes, Green Beans, Roll Egg Salad Sandwich, Pasta Salad, Veggie Cup Soup: Creamy Tomato</p>	<p>11 Breakfast Sandwich Chicken Parmesan, Noodles, Mixed Vegetables, Garlic Bread Reuben Sandwich, Tapioca Pudding, Fries Soup: Potato Cheese</p>	<p>12 French Toast Breaded Shrimp, Orange Chili Sauce, Rice Pilaf, Vegetable Meatball Sub, Chips, Veggie Cup Soup: Butternut Squash</p>	<p>13 Breakfast Frittata Southwest Chicken Roll, Black Bean Salsa, Vegetable Chef's Salad (Ham, Egg, Cheese, Bacon, Onion), Roll Soup: Corn Chowder</p>	<p>14 Crepes w/ Berries Shredded Pork with Hawaiian Roll, Macaroni Salad, Fresh Fruit Chicken Cordon Bleu, Carrots, Rice Pilaf Soup: Italian Potato</p>	<p>15 Baked Oatmeal Country Fried Steak, Homemade Mashed Potatoes, Gravy, Mixed Vegetables Shrimp Scampi with Linguini, Vegetable, Garlic Bread Soup: Chicken & Wild Rice</p>	<p>16 Waffles Teriyaki Chicken, Fried Rice, Green Beans, Egg Roll Grilled Ham & Cheese, Broccoli Salad Soup: Minestrone</p>
<p>17 Eggs, Toast, Hashbrown Roast Beef, Potatoes, Gravy, Carrots, Roll Fish & Chips, Tartar Sauce, Coleslaw Soup: Creamy Tomato</p>	<p>18 Pancakes Honey Dijon Chicken, Rice Pilaf, Green Beans Cheeseburger (Lettuce, Tomato, Pickle), Potato Salad Soup: Creamy Chicken Noodle</p>	<p>19 Omelet Scram, Hashbrown Pork Loin, Mashed Sweet Potato, Mixed Vegetables Philly Steak Sandwich Onion Rings, Fruit Soup: Vegetable</p>	<p>20 Muffin, Eggs, Yogurt Chicken Tortilla Casserole, Garden Salad, Fresh Fruit Baked Potato, Chili, Cheese, Sour Cream, Garden Salad Soup: Corn Chowder</p>	<p>21 Berry Bake Ritz Chicken, Cream Corn Gulliver, Steamed Broccoli Turkey Cranberry Sandwich, Spinach Salad, Chips Soup: Split Pea</p>	<p>22 Eggs Benedict Hamburger Quiche, Spinach Salad, Yogurt Parfait Pizza Garden Salad, Jello Salad Soup: Clam Chowder</p>	<p>23 Bagel, Cream Cheese, Eggs Taco Salad, Chips, Beef, Lettuce, Tomato, Cheese, Sour Cream, Ranch Chicken Salad Croissant, Broccoli Salad Soup: Italian Wedding</p>
<p>24 Danish, Eggs, Hashbrowns Turkey, Mashed Potatoes, Gravy, Stuffing, Cranberry Sauce, Green Beans Swedish Meatballs, Egg Noodles, Peas & Carrots Soup: Creamy Tomato</p>	<p>25 Breakfast Sandwich Hawaiian Haystacks (Cheese, Tomato, Pineapple, Coconut) Garden Salad, Roll Grilled Ham & Cheese 5 Bean Salad, Chips Soup: Potato Cheese</p>	<p>26 French Toast Salmon, Rice Pilaf, Mixed Vegetables Chicken Supreme, Carrots, Roll Soup: Butternut Squash</p>	<p>27 Breakfast Frittata Chicken Pesto Tortellini, Vegetable, Jello, Roll Sloppy Joe Macaroni & Cheese Soup: Corn Chowder</p>	<p>28 Crepes w/ Berries Beef Stew, Garden Salad, Cornbread Hot Dog with Bun, Pasta Salad, Chips Soup: Italian Potato</p>	<p>29 Baked Oatmeal Greg's Spaghetti, Caesar Salad, Garlic Bread Orange Chicken, Fried Rice, Egg Roll Soup: Chicken & Wild Rice</p>	<p>30 Waffles Salisbury Steak, Mashed Potatoes, Gravy, Mixed Vegetables Tuna Melt, French Fries, Veggie Cups Soup: Minestrone</p>