

# ASHFORD MEAL CALENDAR

May

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Memory Care Mealtimes</b></p> <p>Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30</p>	<p><b>Assisted Living Mealtimes</b></p> <p>Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00</p>		<p><b>Breakfast Alternatives</b></p> <p>Eggs, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, French Toast</p> <p>All Main Breakfast Include: Bacon or Sausage &amp; Fresh Fruit</p>	<p><b>Lunch/Dinner Alternatives:</b></p> <p>Cheeseburger, Deli, Tuna, or Egg Salad Sandwich, Daily Specialty Salad, Grilled Cheese, Grilled Ham &amp; Cheese, Campbell's Chicken Noodle or Tomato Soup</p>		<p>1 Quiche</p> <p>Creamy Chicken, Steamed Rice, Carrots &amp; Peas</p> <p>Quesadilla, Homemade Refried Beans, Guacamole</p> <p>SOUP: Tomato</p>
<p>2 Stuffed French Toast</p> <p>Ham, Cheesy Potatoes, Frog Eye Salad, Fresh Roll</p> <p>Broccoli Cheese Soup in a Bread Bowl</p> <p>SOUP: Lobster Bisque</p>	<p>3 Waffles</p> <p>Chicken Strawberry Pasta Salad, Fresh Roll Jam or Jelly</p> <p>Pulled Pork Sliders, Macaroni Salad, Pineapple</p> <p>SOUP: Clam Chowder</p>	<p>4 Crepes w/ Berry Sauce</p> <p>Philly Steak Sandwich, Broccoli Salad, Melon Slice</p> <p>Sloppy Joes, Twisted Fries, Grapes</p> <p>SOUP: Minestrone</p>	<p>5 Eggs, Toast, Hashbrowns</p> <p>Turkey, Bacon, Avocado Sandwich, pasta Salad</p> <p>Shepherd's Pie, Fresh Rolls</p> <p>SOUP: Chicken Tortilla</p>	<p>6 Biscuits &amp; Gravy</p> <p>Egg salad Sandwiches W/ Grapes And chips</p> <p>Teriyaki chicken and rice Mixed Vegetable Blend</p> <p>SOUP: Corn Chowder</p>	<p>7 Danish, Eggs</p> <p>Stuffed Shells, Squash Medley, W/ a roll</p> <p>Hamburger sliders Steak Fries</p> <p>SOUP: Taco</p>	<p>8 Breakfast Sandwich</p> <p>Ranch Chicken, Roasted Potatoes, Peas &amp; Carrots</p> <p>Spaghetti, Parmesan Breadstick</p> <p>SOUP: Potato</p>
<p>9 Breakfast Skillet</p> <p>Pot Roast, Mashed Potatoes &amp; Gravy, Carrots</p> <p>Chicken Sandwich, Macaroni Salad</p> <p>SOUP: Fagioli</p>	<p>10 Muffins, Yogurt</p> <p>Meatloaf, Baked Potatoes w/ Topping, Honey Glazed Carrots</p> <p>Ziti, Parmesan Asparagus, Garlic Breadstick</p> <p>SOUP: Split Pea</p>	<p>11 French Toast</p> <p>Boneless Ribs, Roasted Potato, Baked Beans, Coleslaw</p> <p>Orange Chicken, Stramed Rice, Egg Roll</p> <p>SOUP: Enchilada</p>	<p>12 Pancakes, Hashbrowns</p> <p>Breaded Shrimp, Ham Fried Rice, Egg Rolls w/ Dipping Sauce</p> <p>Beef Stew, Baking Powder Biscuit</p> <p>SOUP: Vegetable</p>	<p>13 Egg in a Frame</p> <p>Spring Ham &amp; Asparagus Lemon Cream Pasta, Fresh Roll</p> <p>Honey Sesame Chicken, Steamed Rice, Egg Roll</p> <p>SOUP: Mushroom</p>	<p>14 German Pancakes</p> <p>Chimichungas, Refried Beans, Spanish Rice</p> <p>Fish &amp; Chips, Apple Coleslaw</p> <p>SOUP: Broccoli Cheese</p>	<p>15 Quiche</p> <p>Chicken Alfredo, Steamed Rice, Broccoli</p> <p>Egg Salad on Croissant, Chips</p> <p>SOUP: Tomato</p>
<p>16 Stuffed French Toast</p> <p>Turkey, Mashed Potatoes w/ Gravy, Old Fashioned Stuffing, Peas</p> <p>Sweet &amp; Sour Pork, Steamed Rice, Egg Roll</p> <p>SOUP: Lobster Bisque</p>	<p>17 Waffles</p> <p>Chicken Salad on Croissants, Orange Slices, Chips</p> <p>Artisan Grilled Ham &amp; Cheese Chips and Fruit</p> <p>SOUP: Clam Chowder</p>	<p>18 Crepes w/ Berry Sauce</p> <p>Mexican Pork Salad, Cilantro Lime Dressing, Salsa, Guacamole</p> <p>Corn Dogs w/ Macaroni salad And chips</p> <p>SOUP: Minestrone</p>	<p>19 Eggs, Toast, Hashbrowns</p> <p>Beef Pasties, Mixed Vegetables, Mandarin Oranges</p> <p>Chicken Divan, Fresh Roll, Berries</p> <p>SOUP: Chicken Tortilla</p>	<p>20 Biscuits &amp; Gravy</p> <p>BBQ Chicken salad W/ fruit slice Applesauce Muffin</p> <p>Loaded Baked potato Cucumber &amp; tomato salad</p> <p>SOUP: Corn Chowder</p>	<p>21 Danish, Eggs</p> <p>Taco salad W/ corn chip, cheese lettuce, tomato, sour cream</p> <p>Pizza, Caesar Salad</p> <p>SOUP: Taco</p>	<p>22 Breakfast Sandwich</p> <p>Chicken Cacciatore, Steamed Rice, Zucchini Spears</p> <p>Chicken A La King, Egg Noodles, Fruit</p> <p>SOUP: Potato</p>
<p>23 Breakfast Skillet</p> <p>Salisbury Steak, Mashed Potatoes w/ Gravy, Mixed Vegetables</p> <p>Chicken Cordon Bleu, Steamed Carrots, and rice pilaf</p> <p>SOUP: Chicken Noodle</p>	<p>24 Muffins, Yogurt</p> <p>Beef Enchiladas, Homemade Refried Beans, And Rice</p> <p>Meatball Sub Mandarins spinach salad</p> <p>SOUP: Split Pea</p>	<p>25 French Toast</p> <p>Stuffed Bell peppers W/ sweet potato and cumber, tomato salad</p> <p>Asian Chicken salad W/ a roll</p> <p>SOUP: Enchilada</p>	<p>26 Pancakes, Hashbrowns</p> <p>Salmon, Orzo, Broccoli, Sourdough Bread</p> <p>Hamburger Quiche Peas &amp; carrots w/Fruit</p> <p>SOUP: Fagioli</p>	<p>27 Egg in a Frame</p> <p>Chicken casserole with salad and vegetables   Turkey Sandwich w/ cranberry sauce</p> <p>cream cheese, Mayo, lettuce, and Fruit salad</p> <p>SOUP: Mushroom</p>	<p>28 German Pancakes</p> <p>Italian Sliders Celery and Carrot sticks Pasta salad</p> <p>Chili w/ Baked potato W/ sour cream and cheese</p> <p>SOUP: Broccoli Cheese</p>	<p>29 Quiche</p> <p>Beef and Rice bowl Julienne Carrots and cucumber</p> <p>Chicken Pot Pie Green salad</p> <p>SOUP: Tomato</p>