

ASHFORD MEAL CALENDAR

May

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 Sandwiches</p>			<p>1 Bagel, Cream Cheese, Eggs Taco Salad, Beef, Tortilla Chips, Lettuce, Tomato, Cheese, Sour Cream Fried Chicken, Potato Salad, Fruit, Biscuit SOUP: Italian Wedding</p>
<p>2 Waffles Turkey, Mashed Potatoes, Gravy, Stuffing, Cranberry Sauce, Green Beans Asian Chicken Salad with Mandarin Oranges, Roll SOUP: Creamy Tomato</p>	<p>3 English Muf.Eggs,Hashbrown Chicken Parmesan, Pasta, Mixed Vegetables, Breadstick Beef Stroganoff, Egg Noodles, Peas & Carrots SOUP: French Onion</p>	<p>4 Breakfast Skillet Open-Faced Shredded Beef, Mashed Potatoes, Gravy, Vegetable Krab Salad, Tomato, Lemon Egg, Cracker SOUP: Creamy Potato</p>	<p>5 Cinnamon Swirl French Toast Shredded Pork, Hawaiian Roll, Macaroni Salad, Fresh Fruit Baked Potato, Chili, Cheese, Garden Salad SOUP: Corn Chowder</p>	<p>6 Breakfast Frittata Chicken Pesto Tortellini with Onions & Peppers, Breadstick Turkey Dressing Casserole, Cranberry Sauce, Veggie, Roll SOUP: Pasta Fagioli</p>	<p>7 Breakfast Casserole Country Fried Steak, Mashed Potatoes, Gravy, Vegetable Tuna Melt, Pasta Salad, Fruit Slice SOUP: Creamy Chicken Noodle</p>	<p>8 Danish, Eggs, Yogurt BBQ Pork Sandwich, Coleslaw, Fruit Salad Lemon Honey Chicken, Wild Rice, Green Beans SOUP: Minestrone</p>
<p>9 French Toast Roast Beef, Potatoes, Carrots, Gravy, Roll Turkey, Bacon, Avocado Sandwich, Macaroni Salad SOUP: Butternut Squash</p>	<p>10 Biscuits & Gravy Beef Enchiladas, Rice, Beans, Sour Cream, Chips & Salsa Italian Chicken, Egg Noodles, Squash Medley, Roll SOUP: Chicken Pazole</p>	<p>11 Baked Oatmeal Philly Cheesesteak Sandwich, Potato Salad, Veggie Cup with Ranch Fried Shrimp, Rice Pilaf, Vegetable SOUP: Vegetable</p>	<p>12 Pancakes BBQ Chicken Salad, Black Beans, Corn, Jack Cheese, Tomato, Tortilla Strips, Roll Sweet & Sour Pork, Fried Rice, Green Beans SOUP: Corn Chowder</p>	<p>13 Muffin, Yogurt Parfait, Eggs Stuffed Bell Pepper, Loaded Baked Potato, Cabbage Ramen Salad Strawberry Spinach Pasta Salad with Chicken, Roll SOUP: Italian Potato</p>	<p>14 Berry Bake Hawaiian Haystack (Rice, Tomato, Pineapple,Coconut, Cheese) Garden Salad, Roll Italian Slider, Pasta Salad, Fruit Slice SOUP: Clam Chowder</p>	<p>15 Bagel, Cream Cheese, Eggs Spaghetti with Meatballs, Caesar Salad, Breadstick Chicken Supreme, Vegetable, Roll SOUP: Italian Wedding</p>
<p>16 Waffles Ham, Scalloped Potatoes, Green Beans, Roll Chicken Salad Croissant, Waldorf Salad, Chips SOUP: Creamy Tomato</p>	<p>17 English Muf.Eggs,Hashbrown Brisket, Baked Beans, Coleslaw, Biscuit Baked Ziti, Caesar Salad, Garlic Bread SOUP: French Onion</p>	<p>18 Breakfast Skillet Parmesan Tilapia, Squash Medley, Rice Pilaf Bacon Cheeseburger, French Fries, Fruit Salad SOUP: Creamy Potato</p>	<p>19 Cinnamon Swirl French Toast Beef Pot Pie, Garden Salad, Fruit Slice Ranch Turkey Bacon Wrap, Pasta Salad, Chips SOUP: Corn Chowder</p>	<p>20 Breakfast Frittata Ritz Chicken, Cream Corn Gulliver, Steamed Broccoli & Cauliflower Tortilla Casserole, Garden Salad, Rice SOUP: Pasta Fagioli</p>	<p>21 Breakfast Casserole Pork Loin, Loaded Baked Potato , Mixed Vegetables Shrimp Scampi with Linguini, Squash Medley, Breadstick SOUP: Creamy Chicken Noodle</p>	<p>22 Danish, Eggs, Yogurt Orange Chicken, Fried Rice, Egg Roll, Fortune Cookie Swedish Meatballs, Egg Noodles, Peas & Carrots SOUP: Minestrone</p>
<p>23 French Toast Meatloaf, Mashed Potatoes, Peas & Carrots, Roll Grilled Ham & Cheese, Tapioca Pudding, Chips SOUP: Butternut Squash</p>	<p>24 Biscuits & Gravy Salmon, Rice Pilaf, Mixed Vegetables Shepherd's Pie, Vegetable, Roll SOUP: Chicken Pazole</p>	<p>25 Baked Oatmeal Lasagna, Garden Salad, Garlic Bread Roast Beef & Cheddar Sandwich, Red Potato Salad, Fruit Slice SOUP: Vegetable</p>	<p>26 Pancakes Boneless Pork Ribs, Baked Beans, Vegetable, Cornbread Chef's Salad (Ham, Cheese, Egg Tomato, Onion,Bacon), Roll SOUP: Corn Chowder</p>	<p>27 Muffin, Yogurt Parfait, Eggs Chicken Kabobs, Greek Salad, Fruit, Pita Bread Sloppy Joe with Bun, Peas & Carrots, Chips SOUP: Italian Potato</p>	<p>28 Berry Bake Turkey Cranberry Sandwich, Spinach Salad, Strawberry Jello Pizza, Garden Salad, Jello Salad SOUP: Clam Chowder</p>	<p>29 Bagel, Cream Cheese, Eggs Salisbury Steak, Mashed Potatoes, Gravy, Mixed Vegetables Chicken Cordon Bleu, Sauteed Carrots, Rice Pilaf SOUP: Italian Wedding</p>