

# ASHFORD MEAL CALENDAR

July

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Memory Care Mealtimes</b>                      Breakfast: 7:30-8:30                      Lunch: 11:30-12:30                      Dinner: 4:30-5:30</p>	<p><b>Assisted Living Mealtimes</b>                      Breakfast: 8:00-9:00                      Lunch: 12:00-1:00                      Dinner: 5:00-6:00</p>	<p><b>Breakfast Alternatives</b>                      Eggs, Bacon, Sausage,                      Cold Cereal, Oatmeal,                      Cream of Wheat, Yogurt,                      Toast, Fruit</p>	<p><b>Lunch/Dinner Alternatives:</b>                      Cheeseburger, Chef Salad,                      Baked Potato, Grilled Cheese,                      Tuna, Egg Salad, Deli,                      PB&amp;J Sandwich</p>	<p>1 French Toast                      Orange Chicken                      Fried Rice,                      Egg Rolls                      Meatball Subs,                      Sumi Salad, Fruit Salad                      Soup: Chicken Noodle</p>	<p>2 Crepes with Berries                      Hamburger/Hot Dog,                      Chips,                      Potato Salad                      B.L.T.,                      Waldorf Salad                      Soup: Tomato</p>	<p>3 Danish, Eggs                      Shrimp Scampy,                      Vegetable Medley,                      Breadstick                      Shredded Pork, Pineapple,                      Macaroni Salad                      Soup: Butternut Squash</p>
<p>4 Breakfast Sandwich  <b>Happy 4th of July!</b>                      Turkey, Mashed Potatoes,                      Green Beans                      Italian Sliders,                      Five Cup Salad                      Soup: Minestrone</p>	<p>5 Pancakes                      Chicken Tenders,                      French Fries,                      Fruit                      Spaghetti, Meatballs,                      Breadstick                      Soup: Chicken Tortilla</p>	<p>6 Breakfast Skillet                      Beef Enchiladas,                      Rice,                      Beans                      Turkey Bacon Avocado Wraps,                      Fresh Fruit                      Soup: Corn Chowder</p>	<p>7 Muffin, Yogurt                      BBQ Chicken,                      Cornbread,                      Green Beans                      Swedish Meatballs,                      Peas &amp; Carrots                      Soup: Taco</p>	<p>8 Toast, Hashbrowns, Eggs                      Ham &amp; Cheese Casserole,                      Zucchini,                      Roll                      Sloppy Joe,                      Chips, Broccoli Salad                      Soup: Potato</p>	<p>9 Quiche                      Boneless Ribs,                      Mashed Potatoes,                      Corn                      Shrimp Stir Fry,                      Rice, Mixed Vegetables                      Soup: Fagioli</p>	<p>10 Bagels &amp; Cream Cheese                      Meatloaf,                      Baked Beans,                      Peas &amp; Carrots                      Turkey Cranberry Sandwich,                      Fruit Cup                      Soup: Split Pea</p>
<p>11 Breakfast Casserole                      Pot Roast,                      Carrots &amp; Potatoes,                      Rolls                      Chicken Salad Croissant,                      Fruit, Chips                      Soup: Chicken Tortilla</p>	<p>12 Biscuits &amp; Gravy                      Mexican Pork Salad:                      Lettuce, Cilantro Lime Dressing,                      Rice &amp; Beans                      Loaded Baked Potato,                      Broccoli, Berries                      Soup: Vegetable</p>	<p>13 French Toast                      Alfredo with                      Italian Sausage,                      Breadstick                      Shepherds Pie,                      Roll                      Soup: Mushroom</p>	<p>14 Crepes with Berries                      Lemon Honey Chicken,                      Roasted Vegetable,                      Berry Salad                      Italian Sausage Alfredo Pasta,                      Garlic Bread                      Soup: Broccoli Cheese</p>	<p>15 Danish, Eggs                      Pork Loin,                      Mashed Potatoes,                      Green Beans                      Teriyaki Chicken, Fried Rice,                      Egg Roll                      Soup: Tomato</p>	<p>16 Breakfast Sandwich                      Parmesan Tilapia,                      Rice Pilaf,                      Squash                      Ham &amp; Grilled Cheese,                      Friut Cup                      Soup: Chicken Noodle</p>	<p>17 Pancakes                      Hawaiian Haystacks,                      Toppings,                      (Cheese, Crunchy noodles)                      Homemade Mac &amp; Cheese,                      Tomato &amp; Cucumber Salad                      Soup: Butternut Squash</p>
<p>18 Breakfast Skillet                      Country Fried Steak,                      Mashed Potatoes &amp; Gravy,                      Cornbread                      Pulled Pork Slider,                      French Fries                      Soup: Minestrone</p>	<p>19 Muffin, Yogurt                      Beef Patty,                      Baked Potato,                      Waldorf Salad                      BBQ Chicken Salad,                      Roll                      Soup: Chicken Tortilla</p>	<p>20 Toast, Hashbrowns, Eggs                      Burrito Bowl with Rice,                      Corn Chips,                      Vegetable                      Chicken Wrap,                      Fresh Fruit                      Soup: Corn Chowder</p>	<p>21 Quiche                      Pad Thai                      with Chicken,                      Zucchini                      Salisbury Steak, Garden Salad,                      Mashed Potatoes &amp; Gravy                      Soup: Taco</p>	<p>22 Bagels &amp; Cream Cheese                      Fried Chicken,                      Corn,                      Mashed Potato &amp; Gravy                      Reuben Sandwich ,                      Waldorf Salad                      Soup: Potato</p>	<p>23 Biscuits &amp; Gravy                      Stuffed Bell Peppers,                      Rice,                      Sweet Potato                      Pizza,                      Caesar Salad                      Soup: Fagioli</p>	<p>24 Breakfast Casserole                      Chicken Supreme,                      Carrots,                      Roll                      Philly Steak Sandwich,                      Au Jus Sauce, Fruit Salad                      Soup: Split Pea</p>
<p>25 French Toast                      Ham,                      Cheesy Potatoes,                      Frogeye Salad                      Chicken Cordon Bleu,                      Broccoli, Rice                      Soup: Enchilada</p>	<p>26 Crepes with Berries                      Chicken Sandwich,                      Chips,                      Fresh Fruit                      Beef Stew,                      Corn Bread                      Soup: Vegetable</p>	<p>27 Danish, Eggs                      Stuffed Zucchini,                      Salsa,                      Fresh Berry Salad                      Asian Chicken Salad,                      Roll                      Soup: Broccoli Cheese</p>	<p>28 Breakfast Sandwich                      Beef Tacos,                      Rice &amp; Beans,                      Guacamole, Sour Cream                      Lemon Chicken,                      Pasta, Veggies                      Soup: Mushroom</p>	<p>29 Pancakes                      Sliced Ham, Gravy                      Green Beans,                      Corn                      Berry Pasta Salad,                      Chips                      Soup: Tomato</p>	<p>30 Breakfast Skillet                      Tomato Grilled                      Cheese Sandwich,                      Fruit                      Chili with Cheese,                      Cornbread                      Soup: Corn Chowder</p>	<p>31 Biscuits &amp; Gravy                      Turkey,                      Mashed Potatoes,                      Galzed Carrots                      Chicken Tenders ,                      French Fries                      Soup: Chicken Noodle</p>