

# ASHFORD MEAL CALENDAR

July

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Memory Care Mealtimes</b> Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30	<b>Assisted Living Mealtimes</b> Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00	<b>Breakfast Alternatives</b> Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit	<b>Lunch/Dinner Alternatives:</b> Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich	1 Ham, Egg & Cheese McMuffin	2 Berry Bake	3 Bagel, Cream Cheese, Eggs
				Chicken Pesto Tortellini, with Onions, Peppers & Veggies, Garlic Bread	<b>4th Of July Picnic</b> BBQ Hamburger or Hot Dog, Potato Salad, Fruit Slice, Jello	Ranch Chicken Sandwich, 5 Cup Salad, Chips
				Meatball Sub, Three Bean Salad, Jello, SOUP: Italian Potato	Carnitas Pork Soft Taco, Beans, Rice, Sour Cream, Guac. SOUP: Creamy Chicken Noodle	Beef Stroganoff, Egg Noodles, Peas & Carrots SOUP: Italian Wedding
4 French Toast & Mixed Berry	5 Ham, Egg & Cheese Burrito	6 Eggs Benedict	7 Muffin, Yogurt Parfait, Eggs	8 Pancakes	9 Breakfast Skillet	10 Danish, Eggs, Yogurt
<b>Happy 4th of July!</b> BBQ Chicken, Biscuit, Corn Loaded Baked Potato, Tuna Melt Pasta Salad, Veggie Cup SOUP: Vegetable	Turkey, Mashed Potatoes, Gravy, Stuffing, Veggie Cranberry sauce Chicken Caesar Salad, Roll SOUP: Chicken Pazole	Country Fried Steak, Mashed Potatoes, Gravy, Mixed Vegetables French Dip with Au Jus, Red Potato Salad, Pickle Spear SOUP: Creamy Tomato	Honey Dijon Chicken, Wild Rice, Sauteed Carrots, Roll Chef's Salad (Ham, Egg, Cheese, Tomato, Bacon, Onion), Roll SOUP: Corn Chowder	Turkey Cranberry Sandwich, Spinach Salad, Fruit Slice Macaroni Casserole, Steamed Cauliflower & Broccoli SOUP: Chicken Tortilla	Stuffed Bell Pepper, Baked Yam, Cottage Cheese with Pineapple Sweet & Sour Pork, Fried Rice, Green Beans SOUP: Clam Chowder	Taco Salad, Chips, Beans, Rice, Lettuce, Tomato, Cheese, Sour Cream & Salsa Chicken Salad Croissant, Broccoli Salad, Chips SOUP: Navy Bean
11 Waffles	12 Eggs, Hashbrowns, Toast	13 Biscuits & Gravy	14 Crepes & Mixed Berries	15 Cinnamon Swirl French Toast	16 Berry Bake	17 Bagel, Cream Cheese, Eggs
Roast Beef, Mashed Potatoes, Gravy, Peas & Carrots, Roll BBQ Pulled Pork Sandwich, Coleslaw, Pineapple SOUP: Minestrone	Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans Baked Ziti, Vegetable, Garlic Bread SOUP: Butternut	Open Faced Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable Chicken Supreme, Mixed Vegetable, Roll SOUP: French Onion	Beef Enchilada, Garden Salad, Pinto Beans, Sour Cream Egg Salad Sandwich, Waldorf Salad, Chips SOUP: Corn Chowder	Shredded Pork, Hawaiian Roll, Macaroni Salad, Fresh Fruit Chicken Tetrizzini Garden Salad, Breadstick SOUP: Italian Potato	Brisket, Baked Beans, Coleslaw, Cornbread Krab Salad, Tomato, Lemon, Egg, Cracker SOUP: Creamy Chicken Noodle	Teriyaki Chicken, Fried Rice, Egg Roll, Fortune Cookie Swedish Meatballs, Egg Noodles, Peas & Carrots SOUP: Italian Wedding
18 French Toast & Mixed Berry	19 Ham, Egg & Cheese Burrito	20 Eggs Benedict	21 Muffin, Yogurt Parfait, Eggs	22 Pancakes	23 Breakfast Skillet	24 Danish, Eggs, Yogurt
Meatloaf, Mashed Potatoes, Gravy, Green Beans, Roll Kielbasa Sausage, Potatoes, Onions, Peppers SOUP: Vegetable	Sweet Pork Salad, Lettuce, Tomato, Cheese, Rice, Sour Cream, Guac, & Chips Italian Chicken, Egg Noodles, Peas & Carrots SOUP: Chicken Pazole	Salmon, Roasted Potatoes, Steamed Broccoli Philly Cheesesteak, Sweet Potato Fries, Veggie Cup SOUP: Creamy Tomato	Hawaiian Haystack (Rice, Tomato, Pineapple, Cheese, Coconut) Garden Salad & Roll Italian Slider (Ham, Salami, Pepperoni), Pasta Salad, Fruit SOUP: Corn Chowder	Boneless Pork Ribs, Loaded Baked Potato, Cabbage Ramen Salad Ranch Turkey Bacon Wrap, Couscous & Arugula Salad, Chips SOUP: Chicken Tortilla	Beef Stew, Garden Salad, Cornbread Chicken Cordon Bleu, Wild Rice, Carrots SOUP: Clam Chowder	Fried Chicken, Mashed Potatoes, Coleslaw Grilled Ham & Cheese, Pasta Salad, Fruit SOUP: Navy Bean
25 Waffles	26 Eggs, Hashbrowns, Toast	27 Biscuits & Gravy	28 Crepes & Mixed Berries	29 Ham, Egg, & Cheese McMuffin	30 Berry Bake	31 Bagel, Cream Cheese, Eggs
Ham, Scalloped Potatoes, Mixed Vegetable, Roll Fish & Chips, Tartar Sauce, Coleslaw SOUP: Minestrone	Chicken Pot Pie, Garden Salad, Orange Slice Turkey Dressing Casserole, Cran. Sauce, Veggie ,Roll SOUP: Butternut	Pork Loin, Loaded Baked Potato, Steamed Broccoli Shepherd's Pie, Mixed Vegetables, Roll SOUP: French Onion	Spaghetti, Caesar Salad, Breadstick Chicken Tenders with Ranch, French Fries, Fruit Salad SOUP: Corn Chowder	Salisbury Steak, Mashed Potatoes, Gravy, Mixed Vegetables Orange Chicken, Fried Rice, Green Beans SOUP: Italian Potato	Beef Fajitas, Peppers, Onions, Tortilla, Lettuce, Tomato, Sour Cream, Rice & Beans Pizza, Garden Salad, Jello Salad SOUP: Creamy Chicken Noodle	Chicken Parmesan, Pasta, Vegetable, Breadstick BBQ Beef Sandwich, Fruit Salad, Chips SOUP: Italian Wedding