

# ASHFORD MEAL CALENDAR

August

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Danishes Roast Beef, Gravy, Roasted Potatoes, Glazed Carrots Chicken Stir Fry, Roll Soup: Butternut Squash	2 Breakfast Burrito BLT, Chips Chicken Cordon Bleu, Au Gratin Potatoes, Corn Soup: Minestrone	3 French Toast Beef Enchiladas, Sour Cream, Guacamole Asian Chicken Salad Soup: Chicken Tortilla	4 Scrambled Eggs & Toast Spaghetti, Garlic Bread Ranch Chicken, Creamed Corn, Garden Salad Soup: Split Pea	5 Muffins Fish & Chips, Homemade Tartar Sauce Chicken & Zucchini Skillet, Wild Rice Soup: Clam Chowder	6 Sheet Pan Egg-In-A-Hole Orange Chicken, Sweet Soy Noodles, Egg Roll Chef Salad, Homemade Croutons Soup: Egg Drop	7 French Toast Souffle Honey Cilantro Chicken, Black Bean, Corn & Avocado Salad, Tortilla Chips Chicken & Broccoli Mac & Cheese, Onion Rings Soup: Tomato
8 Pancakes Turkey, Gravy, Stuffing, Green Beans Loaded Baked Potatoes Soup: Corn Chowder	9 Biscuits & Gravy Pastrami & Swiss Sandwich, Fries Beef Stroganoff, Peas, Roll Soup: Butternut Squash	10 Crepes with Berries Loaded Nachos Southwest Salad with Chicken Soup: Broccoli Cheese	11 Quiche Lasagna, Caesar Salad Tuna Melt, Chips Soup: Chicken Tortilla	12 Danishes Parmesan-Crusted Tilapia, Broccoli Shepherd's Pie, Roll Soup: Vegetable	13 Breakfast Skillet Lemon Honey Chicken, with Red Peppers and Pineapple BBQ Sandwiches, Fruit Salad Soup: Potato	14 Muffins Chicken Katsu, Hawaiian Mac Salad Turkey, Bacon, Avocado Sandwich, Chips Soup: Chicken Noodle
15 French Toast Honey Glazed Ham, Au-Gratin Potatoes, Corn Apple Cider Vinegar Chicken, Broccoli Salad Soup: Vegetable	16 Breakfast Sandwiches Philly Cheesesteak Sandwiches, Au Jus Sauce, Fruit Salad Turkey Ranch Chili, Cornbread Soup: Minestrone	17 Pancakes Bean & Cheese Burritos, Salsa & Sour Cream, Corn Salad Ritz Chicken, Garden Salad Soup: Ham & Bean	18 Bagels with Cream Cheese Chicken Fettuccine Alfredo, Peas BBQ Chicken, Sweet Potatoes Soup: Corn Chowder	19 Crepes with Berries Coconut Shrimp, Pina Colada Dipping Sauce, Garlic Cheddar Biscuits Chicken Supreme, Pasta Soup:Vegetable	20 Breakfast Casserole Asian Chicken Curry, Rice Pizza Grilled Cheese Sandwiches, Caesar Salad Soup: Clam Chowder	21 Danishes Cheeseburger Sliders, Garlic Fries, Coleslaw Roasted Veggie & Chicken Pasta, Salad, Roll Soup: Tomato
22 Biscuits & Gravy Meatloaf, Mashed Potatoes, Green Beans Chicken Salad Wraps, Grapes Soup: Butternut	23 Muffins Monte Cristo Sandwiches, Tater Tots Taco Salad, Tortilla Chips Soup: Broccoli Cheese	24 Breakfast Skillet Chicken Fajitas with Onions & Peppers, Flour Tortillas, Sour Cream, Salsa Chicken Noodle Casserole, Roll Soup: Chicken Tortilla	25 French Toast Caprese Pasta Bake, Garden Salad BBQ Ribs, Baked Potatoes, Coleslaw Soup: Potato	26 Quiche Crab Salad Rolls, Chips Sheet Pan Quesadillas, Black Beans, Corn Soup:Chicken Noodle	27 Pancake Berry Bake Chicken Pad Thai, Egg Rolls Sauteed Cabbage, Kielbasa & Onions, Breadstick Soup: Tomato	28 Bagels w/ Cream Cheese Crispy Chicken Sandwich, Potato Salad Ground Sausage & Squash Skillet, Pasta Soup: Vegetable
29 Crepes with Berries Chicken Cordon Bleu, Mashed Potatoes, Green Beans Somi Salad, Roll Soup: Corn Chowder	30 Scrambled Eggs & Toast Chicago-Style Dogs, French Fries Beef Stew, Biscuits Soup: Minestrone	31 Danishes White Chicken Enchildas, Corn Ham & Cheese Sliders, Pea Salad Soup: Butternut Squash	<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