

ASHFORD MEAL CALENDAR

September

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Memory Care Mealtimes Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30	Assisted Living Mealtimes Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00		1 Breakfast Sandwiches	2 Danish & Parfait	3 Hot or Cold Cereal	4 Bagel and Scrambled Eggs
			Spaghetti with Marinara Sauce & Garlic Bread	Parmesan Tilapia, Steamed Vegetables, Wild Rice	Chicken Supreme & Steamed Carrots	Pulled Pork Sandwich, Chips, Coleslaw
			Ranch Chicken, Glazed Carrots, Roll	Asian Chicken Salad	Roast Beef Sandwiches	Roasted Vegetables & Chicken Pasta, Roll
			Soup: Tomato Basil	Soup: Chicken & Wild Rice	Soup: Italian Wedding Soup	Soup: Cauliflower
5 Breakfast Casserole	6 Berry Bake	7 Pancakes	8 Eggs, Toast, Hash Browns	9 Muffin, Yogurt & Berries	10 Breakfast Skillet	11 Biscuits & Gravy
Meatloaf, Mashed Potatoes, Glazed Carrots	Chili Dog, Macaroni Salad, Chips	Fish & Chips with Tartar Sauce	Chicken Fettuccine Alfredo, Garlic Bread, Salad	Ham & Cheese Casserole, Zucchini, Roll	Fried Chicken, Mashed Potatoes & Gravy, Biscuit	Beef Enchiladas, Rice, Beans
Rainbow Pasta Salad	Chicken Noodle Casserole	Loaded Potatoes	Beef and Biscuit Pot Pie	Asian Chicken Salad, Fruit Cup	Reuben Sandwich, Waldorf Salad	Hawaiian Haystacks, Fruit
Soup: Potato Cheese	Soup: Minestrone	Soup: Italian Chowder	Soup: Corn Chowder	Soup: Butternut Squash	Soup: French Onion	Soup: Vegetable
12 Waffles	13 Quiche	14 French Toast	15 Breakfast Sandwiches	16 Danish & Parfait	17 Hot or Cold Cereal	18 Bagel and Scrambled Eggs
Honey Glazed Ham, Au Gratin Potatoes, Creamed Corn	Beef Chilli and Corn Bread	Pot Roast, Au Gratin Potatoes, Carrots, Roll	Boneless Pork Ribs, Baked Beans, Roll	Salisbury Steak, Mashed Potatoes, and Roll	Shepherds Pie, Steamed Veggies	Sweet and Sour Chicken, Fried Rice, Egg Rolls
Turkey Chili with Bowtie Pasta	Ranch Chicken & Potato Salad	Spinach Salad	Ham Sliders Coleslaw, Roll, Fruit	Turkey, Bacon, Avocado Sandwich with Corn Salad	Chicken Salad Sandwich & Pea Salad	Stuffed Shells, Veggie Cream Corn & Garlic Bread Stick
SOUP: Broccoli Cheese	Soup: Chicken Noodle	Soup: Chicken Noodle	Soup: Tomato Basil	Soup: Chicken & Wild Rice	Soup: Italian Wedding Soup	Soup: Cauliflower
19 Breakfast Casserole	20 Berry Bake	21 Pancakes	22 Eggs, Toast, Hash Browns	23 Muffin, Yogurt & Berries	24 Breakfast Skillet	25 Biscuits & Gravy
Turkey, Gravy, Steamed Veggies	Ham, Cheesy Potatoes, Squash, Roll	Crusted Tilapia, Creamy Pasta, Peas	Pizza, Breadsticks, Caesar Salad	Chicken Supreme, Veggies, Pasta, Roll	Brisket, Baked Beans, Corn Bread	Philly Cheesesteaks, Sweet Potato Fries, Veggie Cup
Ritz Chicken, Five cup salad	BBQ Chicken Sandwich, Mandarin Salad	Chicken Pot Pie	Beef Casserole, Roll	Lemon Basil Tortellini Salad	Strawberry Spinach Pasta Salad	Chicken Pockets, Frog Eye Salad
Soup: Potato Cheese	Soup: Minestrone	Soup: Italian Chowder	Soup: Corn Chowder	Soup: Butternut Squash	Soup: French Onion	Soup: Vegetable
26 Waffles	27 Quiche	28 French Toast	29 Breakfast Sandwiches	30 Danish & Parfait	Breakfast Alternatives Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit	Lunch/Dinner Alternatives: Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich
Chicken Cordon Bleu, Green Beans, Mashed Potatoes	Beef Stroganoff, Garden Salad, Roll	Baked Ziti, Garlic Bread, Squash	Chicken or Steak, Mashed Potatoes, Gravy	Sweet and Sour Pork, Rice, Cous Cous Salad		
Sandwiches, Ken Pea Salad	Breaded Shrimp, Orange Chicken, Egg Roll	Mexican Pork Salad, Lettuce, Cilantro, Rice, Beans	Asian Chicken Salad	Chicken Tenders and Fries		
SOUP: Broccoli Cheese	Soup: Chicken Noodle	Soup: Chicken Noodle	Soup: Tomato Basil	Soup: Chicken & Wild Rice		