

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 Muffin, Yogurt Parfait, Eggs	2 Omelet Scramble and Toast	3 Breakfast Sandwich	4 Waffles
			Pork Chops with Sauerkraut, Scalloped Potatoes, Vegetable, Cornbread	Honey Dijon Chicken, Wild Rice, Sauteed Carrots, Roll	Turkey Cranberry Sandwich, Spinach Salad, Fruit Slice	Spaghetti with Meatsauce, Ceasar Salad, Garlic Bread
			Egg Salad Croissant, Waldorf Salad, Chips	Carnitas Pork Soft Taco, Beans, Rice, Sour Cream, Guac.	Sweet & Sour Pork, Fried Rice, Egg Roll	Chicken Supreme, Mixed Vegetables, Roll
			SOUP: Corn Chowder	SOUP: Beef Noodle Soup	SOUP: Clam Chowder	SOUP: Navy Bean
5 Eggs, Hashbrown, Toast	6 Biscuits & Gravy	7 Breakfast Casserole	8 Pancakes	9 Steel Cut Oats, Berries, Toast	10 Eggs Benedict	11 Danish, Eggs, Yogurt
Turkey, Mashed Potatoes, Gravy, Stuffing, Cranberry Sauce, Mixed Veggies	Labor Day Picnic Hamburger or Hot Dog, Potato Salad, Fruit, Cookie	French Dip with Au Jus, Cabbage Ramen Salad, Pickle Spear	Chicken Flautas with Sour Cream, Refried Beans, Spanish Rice, Guacamole, Chips & Salsa	Brisket, Baked Beans, Corn, Watermelon, Cornbread	Back 2 School Sack Lunch Ham or PB&J, Chips, Fruit Cup Granola Bar, Milk or Choc. Milk	Ranch Chicken Sandwich, 5 Cup Salad, Chips
Beef & Rice Bowl, Julienne Carrots & Cucumber	Fried Shrimp with Orange Sauce, Wild Rice, Green Beans	Asian Chicken Salad, Roll	Meatball Sub, Pasta Salad, Chips	Chicken Cordon Bleu, Sauteed Carrots, Wild Rice	Enchilada Pasta, Ceasar Salad, Breadstick	Beef Stroganoff, Egg Noodles, Peas & Carrots
SOUP: Minestrone	SOUP: Butternut	SOUP: French Onion	SOUP: Corn Chowder	SOUP: Chicken & Wild Rice	SOUP: Vegetable Beef	SOUP: Italian Wedding
12 French Toast	13 Breakfast Skillet	14 Berry Bake	15 Muffin, Yogurt Parfait, Eggs	16 Omelet Scramble and Toast	17 Breakfast Sandwich	18 Waffles
Roast Beef, Mashed Potatoes, Gravy, Carrots, Roll	Chicken Pot Pie, Garden Salad, Orange Slice	Parmesan Tilapia, Rice Pilaf, Mixed Vegetables	Hawaiian Haystacks (Rice, Tomato, Pineapple, Coconut, Cheese) Garden Salad, Roll	Salisbury Steak, Mashed Potatoes, Gravy, Steamed Vegetables	Southwest Chicken Pocket, Black Bean Salsa, Rice, Steamed Carrots	Swedish Meatballs, Egg Noodles, Peas & Carrots, Fruit Cup
Tuna Melt, Pasta Salad, Veggie Cup	Stuffed Pepper, Roasted Vegetables, Jello Salad	Chicken Salad Croissant, Couscous Salad, Fruit Slice	Italian Slider (Ham, Pepperoni, Salami, Prov.) Pasta Salad, Chips	Chicken Tetrazzini, Green Beans, Breadstick	Pizza, Garden Salad, Jello Salad	Strawberry Spinach Pasta Salad with Chicken, Roll
SOUP: Creamy Tomato	SOUP: Creamy Chicken Noodle	SOUP: Vegetable	SOUP: Corn Chowder	SOUP: Beef Noodle Soup	SOUP: Clam Chowder	SOUP: Navy Bean
19 Eggs, Hashbrown, Toast	20 Biscuits & Gravy	21 Breakfast Casserole	22 Pancakes	23 Steel Cut Oats, Berries, Toast	24 Eggs Benedict	25 Danish, Eggs, Yogurt
Ham, Scalloped Potatoes, Corn, Roll	Pork Loin, Mashed Sweet Potato, Mixed Vegetables	Beef Fajitas, Rice, Beans, Lettuce, Tomato, Sour Cream, Guacamole	Shredded Pork, with Teriyaki, Hawaiian Macaroni Salad, Fruit Salad, Hawaiian Roll	Thai Chicken Coconut Curry, Rice, Steamed Veggie, Naan Bread	Lasagna, Ceasar Salad, Breadstick	Teriyaki Chicken, Fried Rice, Egg Roll, Fortune Cookie
Fish & Chips, Tartar Sauce, Coleslaw, Fruit Slice	Italian Chicken, Egg Noodles, Peas & Carrots	Reuben Sandwich, Macaroni Salad, Fruit Slice	Big Mac Sliders, Jello Salad, Chips	Baked Potato, Chili, Cheese, Sour Cream, Garden Salad	Grilled Ham & Cheese Tapioca Pudding, Veggie Cup	Krab Salad, Tomato, Lemon, Egg, Cracker
SOUP: Minestrone	SOUP: Butternut	SOUP: French Onion	SOUP: Corn Chowder	SOUP: Chicken & Wild Rice	SOUP: Vegetable Beef	SOUP: Italian Wedding
26 French Toast	27 Breakfast Skillet	28 Berry Bake	29 Muffin, Yogurt Parfait, Eggs	30 Omelet Scramble and Toast	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
Meatloaf, Mashed Potatoes, Green Beans, Roll	Salmon, Rice Pilaf, Steamed Vegetables	Fried Chicken, Coleslaw, Baked Beans, Cornbread	Chicken Pesto Tortellini with Onions & Peppers, Vegetables Garlic Bread	Country Fried Steak, Mashed Potatoes, Gravy, Mixed Vegetable & Biscuit		
Orange Chicken, Fried Rice, Egg Roll, Fortune Cookie	Kielbasa Sausage, Onions, Peppers, Potatoes, Roll	Ranch Turkey, Bacon Wrap, Cottage Cheese with Fruit, Chips	Sloppy Joe with Bun Macaroni & Cheese, Veggie Cup	Tortilla Casserole, Rice, Garden Salad		
SOUP: Creamy Tomato	SOUP: Creamy Chicken Noodle	SOUP: Vegetable	SOUP: Corn Chowder	SOUP: Beef Noodle Soup		