

# ASHFORD MEAL CALENDAR

November

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Pumpkin Waffles	2 Muffin, Yogurt	3 Pancakes	4 French Toast	5 Egg, Toast, Hashbrown	6 Breakfast Casserole
	Ranch Chicken, Roasted Potatoes, Steamed Broccoli, Roll	Meatloaf, Baked Potato with Toppings, Butternut Squash	Turkey, Bacon, Avocado Ciabatta Sandwich, Waldorf Salad, Chips	French Dip Sandwich, Au Jus, Creamy Fruit Salad, Broccoli Salad	Turkey Cranberry Sandwich, Cramy Fruit Salad, Grapes	Ritzy Chicken, Mashed Potatoes, Corn
	Hamburger Sliders, French Fries, Fruit	Fajitas, Refried Beans, Spanish Rice, Salsa	Asian Chicken Salad, Fresh Roll	Chicken Alfredo, Asparagus, Breadstick	Chicken Crepes, Candied Butternut Squash	Hawaiian Haystacks, Fresh Roll
	SOUP: Taco	SOUP: Broccoli Cheese	SOUP: Chicken Noodle	SOUP: Chicken Tortilla	SOUP: Corn Chowder	SOUP: Ham Bone
7 Breakfast Sandwich	8 Berry Bake	9 Breakfast Burrito	10 Cinnamon Rolls	11 Hot & Cold Cereal	12 Coffee Cake, Yogurt	13 French Toast Souffle
Pot Roast, Mashed Potatoes, Gravy, Glazed Carrots, Roll	Italian Creamy Chicken, Mashed Red Potatoes, Vegetable Blend	Chicken Parmesan, Pasta, Marinara, Roasted Fall Vegetables	Stuffed Chicken, Baked Potato, Broccoli, Fresh Roll	Honey Balsamic Pork Loin, Roasted Potatoes, Green Beans	Fried Chicken, Mashed Potatoes, Country Gravy, Corn, Biscuit	Chicken Enchiladas, Black Bean Salsa, Chips & Guacamole
Chicken Salad on Croissant, Fruit Cup	Reuben Sandwich, Pistachio Salad, French Fries	Baked Potato, Chili, Cheese, Onion, Garden Salad	Apricot Chicken, Rice, Fruit Salad	4 Cheese Penne Pasta, Green Beans, Roll	Harvest Bowls (Brussels Sprouts, Sweet Potatoes, Wild Rice Blend)	Shepherd's Pie, Fresh Roll
SOUP: Vegetable	SOUP: Chicken Noodle	SOUP: French Onion	SOUP: Enchilada	SOUP: Minestrone	SOUP: Italian Chowder	SOUP: Creamy Potato
14 Biscuits & Gravy	15 Pumpkin Waffles	16 Muffin, Yogurt	17 Pancakes	18 French Toast	19 Egg, Toast, Hashbrown	20 Breakfast Casserole
Ham, Cheesy Potatoes, Garden Salad, Mixed Vegetables	Chicken Cordon Bleu, Au Gratin Potatoes, Carrots & Peas	Breaded Shrimp, Ham Fried Rice, Broccoli, Roll	Mexican Pork Salad, (Sweet Pork, Rice, Beans, Cilantro Lime Dressing)	Bacon Cheeseburger, Potato Salad, Baked Beans	Pork Sliders, Macaroni Salad, Deviled Egg	Orange Chicken, Fried Rice, Egg Roll
Hot Dog, Chili, Cheese, Frog Eye Salad	Chimichangas, Refried Beans, Rice	Beef Stew, Baking Powder Biscuits	Apple Cider Chicken Thighs, Harvest Vegetables	Tavern Fish & Chips, Tartar Sauce, Coleslaw	Pizza, Caesar Salad	Spaghetti, Garlic Bread, Caesar Salad
SOUP: Clam Chowder	SOUP: Taco	SOUP: Broccoli Cheese	SOUP: Chicken Noodle	SOUP: Chicken Tortilla	SOUP: Corn Chowder	SOUP: Ham Bone
21 Breakfast Sandwich	22 Berry Bake	23 Breakfast Burrito	24 Cinnamon Rolls	25 Hot & Cold Cereal	26 Coffee Cake, Yogurt	27 French Toast Souffle
Meatloaf, Baked Potatoes with Toppings, Steamed Broccoli, Roll	Greg's Salmon, Orzo, Corn Avocado Salsa, Harvest Vegetables	Lasagna, Toasted Garlic Bread, Caesar Salad	Brisket, Baked Potatoes, Coleslaw, Cornbread	<b>Happy Thanksgiving!</b> Turkey, Mashed Potatoes, Cranberry Sauce, Stuffing, Yams	Homemade Turkey Soup, Garden Salad, Roll	Philly Steak Sandwich, French Fries, Fruit
Chicken Salad Sandwich, Fruit, Chips	Beef Tostada, Chips, Salsa, Guacamole	Sloppy Joes, Broccoli Salad, Chips	Teriyaki Chicken, Ham Fried Rice, Egg Roll	Ham Sliders, Potato Chips	Taco Salad	Swedish Meatballs, Egg Noodles, Broccoli
SOUP: Vegetable	SOUP: Chicken Noodle	SOUP: French Onion	SOUP: Enchilada	SOUP: Minestrone	SOUP: Italian Chowder	SOUP: Creamy Potato
28 Biscuits & Gravy	29 Pumpkin Waffles	30 Muffin, Yogurt				
Salisbury Steak, Mashed Potatoes with Gravy, Roasted Fall Vegetables	Boneless Ribs, Baked Beans, Cornbread	Navajo Taco (Buttermilk Scone, Chili Mixture, Lettuce, Tomato, Onion)	<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, Deli Sandwich, Hot Dog
Chicken Pot Pie, Cheesy Biscuit	Turkey Harvest Croissant, Frog Eye Salad, Carrots	Chicken Tri-Berry Salad with Candied Almonds, Roll				
SOUP: Clam Chowder	SOUP: Taco	SOUP: Broccoli Cheese				