

ASHFORD MEAL CALENDAR

November

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Waffles with Berry Syrup	1 Omelet Scramble	2 Biscuits & Gravy	3 Pancakes	4 Breakfast Sandwich	5 Crepes with Mixed Berries	6 Danish, Eggs, & Yogurt
Happy Halloween! Spaghetti with Meatballs, Green Beans, Garlic Bread	Fried Chicken, Mashed Potatoes, Gravy, Corn, Biscuit	Turkey Burger with Swiss Cheese, Pineapple, Lettuce, Tomato, Sweet Potato Fries	Boneless Pork Ribs, Baked Beans, Baked Yam, Cornbread	Grilled Chicken Breast with Strawberry Spinach Pasta Salad, Croissant	Open Faced Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable	Ranch Chicken Sandwich, Five Cup Salad, Chips
Corn Dogs, Baked Beans, Coleslaw	Tuna Melt, Chips, Jello Salad	Krab Salad, Tomato, Lettuce, Lemon, Egg, Crackers	Tortilla Casserole, Sour Cream Rice, Beans, Chips	Sweet & Sour Pork, Fried Rice, Green Beans	Asian Chicken Salad, Roll	Enchilada Pasta, Vegetable, Breadstick
SOUP: Creamy Tomato	SOUP: French Onion	SOUP: Creamy Chicken Noodle	SOUP: Corn Chowder	SOUP: Russian	SOUP: Vegetable	SOUP: Italian Wedding
7 Eggs, Hashbrowns, Toast	8 Breakfast Burrito	9 French Toast	10 Muffin, Yogurt Parfait, Eggs	11 Baked Oatmeal	12 Eggs, Hashbrown, Toast	13 Bagel, Cr. Cheese, Eggs
Roast Beef, Mashed Potatoes, Gravy, Steamed Carrots	Pork Chops with Sauerkraut, Roasted Red Potatoes, Squash Medley	Country Fried Steak, Mashed Potatoes, Gravy, Mixed Vegetables	Turkey, Bacon, Avocado Sandwich, Couscous & Arugula Salad Layered Jello	BBQ Chicken, Butternut Squash, Corn, Biscuit with Honey Butter	Beef Enchilada, Spanish Rice, Beans, Chips & Salsa	Beef Stroganoff, Egg Noodles, Mixed Vegetables
Chicken Salad Croissant, Mixed Fruit, Chips	Chicken Tenders, Sweet Potato Fries, Jello	Italian Sliders (Ham, Salami, Pepperoni), Pasta Salad	Orange Chicken, Fried Rice, Egg Roll	Beef & Cheese Crescent Roll, Homeade Mac & Cheese, Veggie	Pulled Pork Sandwich, Coleslaw, Fruit Slice	Beef Hot Dog, J Dawg's Sauce, Potato Salad, Veggie Cup
SOUP: Minestrone	SOUP: Potato Cheese	SOUP: Chicken Tortilla	SOUP: Corn Chowder	SOUP: Creamy Butternut	SOUP: Vegetable Beef	SOUP: Navy Bean
14 Waffles	15 Omelet Scramble	16 Biscuits & Gravy	17 Eggs, Hashbrowns, Toast	18 Breakfast Sandwich	19 Crepes with Mixed Berries	20 Danish, Eggs, & Yogurt
Ham, Scalloped Potatoes, Green Beans, Roll	Brisket, Mashed Potatoes, Gravy, Vegetable, Roll	Chicken Pot Pie, Garden Salad, Orange Slice	Thai Chicken Coconut Curry, Rice, Steamed Vegetable, Naan Bread	Taco Salad: Chips, Beef, Lettuce, Tomato, Cheese, Sour Cream, Ranch	Chicken Parmesan with Pasta, Vegetable, Breadstick	BBQ Shredded Beef, Baked Yam, Mixed Vegetables, Roll
Egg Salad Sandwich, Chips, Fruit Cup	Shrimp Scampi with Linguini, Mixed Vegetables, Garlic Bread	Fish & Chips, Coleslaw, Fruit Slice	Sloppy Joe, Macaroni Salad, Veggie	Baked Potato, Chili, Cheese, Sour Cream, Garden Salad	Shepherd's Pie, Vegetable, Roll	Turkey Dressing Casserole, Mixed Veggies, Jello Salad
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21 Eggs, Hashbrown, Toast	22 Baked Oatmeal	23 French Toast	24 Muffin, Yogurt Parfait, Eggs	25 Cinnamon Roll	26 Eggs, Hashbrown, Toast	27 Bagel, Cr. Cheese, Eggs
Meatloaf, Mashed Potatoes, Peas & Carrots, Roll	Sweet Pork Salad, Rice, Lettuce, Tomato, Cheese, Sour Cr, Guac.,Chips	Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans	Lasagna, Caesar Salad, Garlic Bread	Happy Thanksgiving! Turkey, Stuffing, Mashed Potatoes, Gravy, Green Beans Casserole, Roll	White Chicken Enchilada, Sauteed Carrots, Rice	Salisbury Steak, Mashed Potatoes, Gravy, Mixed Vegetables
Lemon Honey Chicken, Wild Rice, Waldorf Salad	Grilled Ham & Cheese, Three Bean Salad, Chips	Chicken Supreme, Vegetable, Roll	Chicken Tetrazzini, Steamed Vegetable, Jello	Big Mac Sliders, French Fries, Fruit Slice	Pizza, Garden Salad, Jello Salad	Chicken Cordon Bleu, Rice Pilaf, Peas & Carrots
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28 Waffles	29 Omelet Scramble	30 Biscuits & Gravy	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	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
Teriyaki Chicken, Fried Rice, Egg Roll, Fortune Cookie	Philly Steak Sandwich, Roasted Sweet Potatoes, Fruit Slice	Salmon, Wild Rice, Mixed Vegetables, Roll				
Swedish Meatballs, Egg Noodle, Vegetable	Kielbasa Sausage, Onions, Peppers, Potatoes, Roll	Baked Ziti, Caesar Salad, Breadstick				
SOUP: Creamy Tomato	SOUP: French Onion	SOUP: Creamy Chicken Noodle				