

ASHFORD MEAL CALENDAR

January

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Memory Care Mealtimes</p> <p>Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30</p>	<p>Assisted Living Mealtimes</p> <p>Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00</p>	<p>Breakfast Alternatives</p> <p>Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit</p>	<p>Lunch/Dinner Alternatives:</p> <p>Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich</p>			<p>1 Crepes, Yogurt</p> <p>Happy New Year!</p> <p>Ritzy Chicken, Mashed Potatoes, California Blend Vegetables</p> <p>Spaghetti, Pasta, Caesar Salad, Breadstick</p> <p>SOUP: Corn Chowder</p>
<p>2 French Toast</p> <p>Ham, Cheesy Potatoes, Green Beans, Roll</p> <p>Brisket Beef Stew, Cheesy Biscuit</p> <p>SOUP: Tomato</p>	<p>3 Berry Bake</p> <p>Mexican Pork Salad, Cilantro Lime Dressing</p> <p>Broccoli Cheese Soup, Garden Salad, Roll</p> <p>SOUP: Chicken Noodle</p>	<p>4 Breakfast Burrito</p> <p>Chicken Enchiladas, Black Bean Salsa, Refried Beans</p> <p>Crab Salad, Avocado and Tomato Slices, Roll</p> <p>SOUP: Ham Bone</p>	<p>5 Egg Scramble, Toast</p> <p>Turkey Cranberry Sandwich, Potato Salad, Waldorf Salad</p> <p>Pesto Tortellini Bake, Watergate Salad, Roll</p> <p>SOUP: French Onion</p>	<p>6 Eggs, Toast & Hashbrowns</p> <p>Honey Balsamic Pork Loin, Baked Sweet Potatoes, Broccoli</p> <p>Sesame Chicken Salad, Garlic Roll</p> <p>SOUP: Vegetable</p>	<p>7 Waffles</p> <p>Fish & Chips, Tartar Sauce, Coleslaw</p> <p>Reuben Sandwich, Broccoli Salad, Fruit Cup</p> <p>SOUP: Clam Chowder</p>	<p>8 Breakfast Casserole</p> <p>Italian Beef Sandwich, Italian Pasta Salad, Jell-O</p> <p>Orange Chicken, Rice, Pot Stickers</p> <p>SOUP: Potato</p>
<p>9 Biscuits & Gravy</p> <p>Pot Roast, Mashed Potatoes, Gravy, Corn, Roll</p> <p>Baked Potato Bar, Chili, Cheese, Onions</p> <p>SOUP: Potato</p>	<p>10 Yogurt Parfait, English Muffin</p> <p>Meatloaf, Au Gratin Potatoes, Mixed Vegetables</p> <p>Egg Salad on Croissant, Grapes, Chips</p> <p>SOUP: Chicken Tortilla</p>	<p>11 Eggs, Toast & Hashbrowns</p> <p>Lasagna, Peasant Bread, Caesar Salad</p> <p>Garlic Honey Shrimp & Broccoli, Roll</p> <p>SOUP: Italian Chowder</p>	<p>12 Pancakes</p> <p>French Dip Sandwich, Au Jus, Macaroni Salad, Creamy Fruit Salad</p> <p>Hot Dogs, Chili, Cheese, Onions, Fries</p> <p>SOUP: Taco</p>	<p>13 Hot & Cold Cereal</p> <p>Chicken Parmesan, Pasta, Green Beans, Roll</p> <p>Teriyaki Chicken, Rice, Vegetables</p> <p>SOUP: Mushroom</p>	<p>14 Muffin, Yogurt</p> <p>Honey Garlic Pork Roast, Rice, Carrots, Roll</p> <p>Chicken Cordon Bleu, Baked Potatoes, Corn</p> <p>SOUP: Enchilada</p>	<p>15 Crepes, Yogurt</p> <p>Cashew Chicken, Rice, Cabbage Salad, Broccoli</p> <p>Tex-Mex Salad, Cornbread</p> <p>SOUP: Tortellini</p>
<p>16 French Toast</p> <p>Salisbury Steak, Mashed Potatoes with Gravy, Honey Baby Carrots</p> <p>Corn Chowder, Roll</p> <p>SOUP: Tortellini</p>	<p>17 Berry Bake</p> <p>Boneless Ribs, Baked Beans, Coleslaw, Cornbread</p> <p>Sloppy Joes, Frog Eye Salad, Chips</p> <p>SOUP: Chicken Noodle</p>	<p>18 Breakfast Burrito</p> <p>Turkey, Bacon, Avocado Sandwich, Broccoli Salad, Chips</p> <p>Pizza, Caesar Salad</p> <p>SOUP: Ham Bone</p>	<p>19 Egg Scramble, Toast</p> <p>Fried Chicken, Mashed Potatoes with Country Gravy, Corn</p> <p>Hamburger Sliders, French Fries, Vegetable Cup</p> <p>SOUP: French Onion</p>	<p>20 Eggs, Toast & Hashbrowns</p> <p>Teriyaki Tenderloin with Pineapple and Peppers, Coconut Rice</p> <p>Apricot Chicken, Rice, Fruit Cup</p> <p>SOUP: Vegetable</p>	<p>21 Waffles</p> <p>Fried Chicken, Mashed Potatoes with Country Gravy, Corn</p> <p>Pulled Pork Sliders, Coleslaw, Baked Beans</p> <p>SOUP: Clam Chowder</p>	<p>22 Breakfast Casserole</p> <p>Hawaiian Haystacks, (Chicken, Rice, Sauce, Peppers, Pineapple, Etc.)</p> <p>Tex-Mex Salad, Cornbread</p> <p>Soup: Minestrone</p>
<p>23 Biscuits & Gravy</p> <p>Turkey, Mashed Potatoes, Gravy, Green Beans, Roll</p> <p>Chicken Pot Pie, Roll</p> <p>SOUP: Minestrone</p>	<p>24 Yogurt Parfait, English Muffin</p> <p>Brisket, Baked Potato, Baked Beans, Corn</p> <p>Chicken Salad Sandwiches, Grapes, Frog Eye Salad</p> <p>SOUP: Chicken Tortilla</p>	<p>25 Eggs, Toast & Hashbrowns</p> <p>Ziti, Focaccia Bread, Caesar Salad</p> <p>Grilled Ham, Bacon, and Cheese Sandwich</p> <p>SOUP: Italian Chowder</p>	<p>26 Pancakes</p> <p>Salmon, Orzo, Mixed Vegetables, Sliced Oranges</p> <p>Chicken Alfredo, Pasta, Broccoli</p> <p>SOUP: Taco</p>	<p>27 Hot & Cold Cereal</p> <p>Chicken Cordon Bleu, With Gravy, Baked Potato, Crammed Corn</p> <p>Meatballs in Cream Sauce, Pasta, Peas & Mushrooms</p> <p>SOUP: Mushroom</p>	<p>28 Muffin, Yogurt</p> <p>Creamy Italian Chicken, Rice, Green Beans, Roll</p> <p>Sloppy Joes, Chips, Sliced Apples</p> <p>SOUP: Enchilada</p>	<p>29 Crepes, Yogurt</p> <p>Poppyseed Chicken, Rice, Carrots</p> <p>Beef Stew, Biscuits</p> <p>SOUP: Chicken & Wild Rice</p>