

ASHFORD MEAL CALENDAR

January

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Memory Care Mealtimes</u> Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30</p>	<p><u>Assisted Living Mealtimes</u> Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00</p>	<p><u>Breakfast Alternatives</u> Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit</p>	<p><u>Lunch/Dinner Alternatives:</u> Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich</p>			1 Waffles Happy New Year! Sweet Pork Salad, Lettuce, Rice, Tomato, Cheese, Sour Cr., Chips Corn Dog, Coleslaw, Tater Tots SOUP: Chicken Tortilla
2 Omelet Scram., Hashbrown Pork Chops with Sauerkraut, Scalloped Potatoes, Mixed Vegetables Beef Stroganoff, Egg Noodles Vegetable SOUP: Creamy Tomato	3 Biscuits & Gravy Spaghetti with Meat Sauce, Green Beans, Garlic Bread Tuna Melt, Pasta Salad, Chips SOUP: Vegetable	4 Pancakes Shepherd's Pie, Mixed Vegetables, Roll Chef's Salad (Ham, Bacon, Egg, Cheese, Tomato, Onion), Roll SOUP: Creamy Chicken Noodle	5 Muffin, Yogurt Parfait, Eggs Thai Chicken Coconut Curry, Rice, Steamed Vegetable, Naan Bread Baked Potato, Chili, Cheese, Sour Cream, Garden Salad SOUP: Corn Chowder	6 French Toast Turkey, Bacon, Avocado Sandwich, Cabbage Ramen Salad, Chips White Chicken Enchilada, Steamed Carrots, Rice SOUP: Butternut	7 Berry Bake Apricot Chicken, Wild Rice, Steamed Broccoli Stuffed Bell Pepper, Roasted Potato, Garden Salad SOUP: French Onion	8 Danish, Eggs, Yogurt Country Fried Steak, Mashed Potatoes, Gravy, Mixed Vegetables Egg Salad Sandwich, Veggie Cup, Chips SOUP: Navy Bean
9 Eggs, Toast, Hashbrown Ham, Scalloped Potatoes, Green Beans, Roll Fish & Chips, Coleslaw SOUP: Minestrone	10 Breakfast Sandwich Philly Steak Sandwich, Red Potato Salad, Fruit Cup Chicken Cordon Bleu, Rice, Carrots SOUP: Italian Wedding	11 Breakfast Casserole Beef Fajitas, Peppers, Onions, Tortilla, Rice, Beans Sour Cream Italian Slider (Pepperoni, Salami, Ham), Pasta Salad SOUP: Potato Cheese	12 Crepes with Mixed Berries Turkey Burger with Swiss, Pineapple, Lettuce, Tomato, Fruit Salad, Chips Chicken Supreme, Steamed Vegetable, Roll SOUP: Corn Chowder	13 Baked Oatmeal Tortellini Chicken Pesto, with Pasta & Vegetables, Breadstick Sloppy Joes, Macaroni & Cheese, Fruit SOUP: Creamy Tomato	14 Eggs Benedict Brisket, Mashed Potatoes, Gravy, Steamed Vegetable, Roll Chicken Tenders, French Fries, Jello Salad SOUP: Clam Chowder	15 Waffles BBQ Chicken, Corn, Coleslaw, Biscuit Swedish Meatballs, Egg Noodle, Veggie SOUP: Chicken Tortilla
16 Omelet Scram., Hashbrown Meatloaf, Mashed Potatoes, Gravy, Peas & Carrots, Roll Lemon Honey Chicken, Waldorf Salad, Wild Rice SOUP: Creamy Tomato	17 Biscuits & Gravy Shredded Pork, Teriyaki Sauce, Hawaiian Roll, Fruit Salad, Hawaiian Macaroni Salad Turkey Dressing Casserole, Vegetables, Roll SOUP: Vegetable	18 Pancakes Lasagna, Caesar Salad, Breadstick Krab Salad, Tomato, Lemon, Egg, Cracker SOUP: Creamy Chicken Noodle	19 Muffin, Yogurt Parfait, Eggs Boneless Pork Ribs, Baked Beans, Corn Cornbread Chicken Salad Sandwich, 3 Bean Salad SOUP: Corn Chowder	20 French Toast Taco Salad, Chips, Beef, Lettuce, Tomato, Cheese, Sour Cream Big Mac Slider, Sweet Potato Fries SOUP: Butternut	21 Berry Bake Salmon, Wild Rice, Squash Medley Chili Cheese Dog, 5 Cup Salad, Chips SOUP: French Onion	22 Danish, Eggs, Yogurt BBQ Beef Sandwich, Pasta Salad, Chips Grilled Ham & Cheese, Chips, Fruit Cup SOUP: Navy Bean
23 Eggs, Toast, Hashbrown Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Mixed Vegetable Baked Ziti, Vegetable, Garlic Bread SOUP: Minestrone	24 Breakfast Sandwich Beef Enchiladas, Rice, Beans, Sour Cream, Chips & Salsa Turkey Bacon Wrap, Pasta Salad, Chips SOUP: Italian Wedding	25 Breakfast Casserole Fried Chicken, Mashed Potatoes, Gravy, Corn Biscuit Kielbasa Sausage, Onions, Peppers, Potatoes SOUP: Potato Cheese	26 Crepes with Mixed Berries BBQ Chicken Salad, (Black Beans, Corn, Jack Cheese, Tortilla Strips), Roll Sweet & Sour Pork, Fried Rice, Egg Roll SOUP: Corn Chowder	27 Baked Oatmeal Salisbury Steak, Mashed Potatoes, Gravy, Mixed Vegetables Chicken Tetrizzini, Vegetable, Garlic Bread SOUP: Creamy Tomato	28 Eggs Benedict Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans Pizza, Garden Salad, Jello Salad SOUP: Clam Chowder	29 Waffles Pork Loin, Loaded Baked Potato, Mixed Vegetables Beef Stew, Garden Salad, Cornbread SOUP: Chicken Tortilla