

ASHFORD MEAL CALENDAR

April

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>		<p>1 Breakfast Skillet Salisbury Steak, Mashed Potatoes, Gravy, Vegetable Enchilada Pasta, Mixed Veggies, Roll SOUP: White Chicken Chili</p>	<p>2 Danish, Egg, Yogurt BBQ Chicken, Loaded Baked Potato, Corn, Biscuit Meatball Sub, Macaroni Salad, Chips SOUP: Minestrone</p>
<p>3 Eggs, Toast, Hashbrown Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Mixed Vegetables, Roll Fish & Chips, Tartar Sauce, Coleslaw SOUP: Italian Wedding</p>	<p>4 Biscuits & Gravy Beef Fajitas, Onions, Peppers, Tortilla, Rice, Beans, Sour Cream, Guacamole Chicken Tetrazzini, Green Beans, Jello SOUP: Vegetable Beef</p>	<p>5 Breakfast Casserole Lasagna, Caesar Salad, Garlic Bread Grilled Ham & Cheese, Cup of Tomato Soup, Fruit Slice SOUP: Creamy Tomato</p>	<p>6 Oats & Berries, Eggs, Toast Turkey Cranberry Sandwich, 3 Bean Salad, Chips Orange Chicken, Fried Rice, Egg Roll SOUP: Chicken & Wild Rice</p>	<p>7 Ham & Cheese Croissant Fried Chicken, Corn, Mashed Potatoes, Gravy, Cornbread Beef Stew, Garden Salad, Cornbread SOUP: Corn Chowder</p>	<p>8 Omelet Scram, Hashbrowns Philly Cheesesteak Sandwich, Potato Salad, Jello Chicken Supreme, Mixed Vegetables, Roll SOUP: Chicken Tortilla</p>	<p>9 French Toast Parmesan Tilapia, Wild Rice, Squash Medley Ranch Chicken Sandwich, 5 Cup Salad, Chips SOUP: Potato Cheese</p>
<p>10 Baked Oatmeal Meatloaf, Mashed Potatoes, Gravy, Green Beans, Roll Tuna Melt, Pasta Salad, Chips SOUP: Clam Chowder</p>	<p>11 Egg & Sausage Biscuit Cowboy Beef Casserole, Steamed Vegetables, Layered Jello Asian Chicken Salad, Roll SOUP: Chicken Noodle</p>	<p>12 Pancakes, Buttermilk Syrup Chicken Parmesan, Pasta, Mixed Vegetables, Breadstick Ranch Turkey Bacon Wrap, Waldorf Salad, Chips SOUP: French Onion</p>	<p>13 Muffin, Hard Boil Egg, Yogurt Boneless Pork Ribs, Baked Beans, Salad, Cornbread Big Mac Slider, Macaroni & Cheese, Vegetable SOUP: Kielbasa Sausage & Potato</p>	<p>14 Crepes with Mixed Berries Taco Salad, Chips, Beef, Rice, Lettuce, Tomato, Cheese, Sour Cream Pesto Chicken Tortellini, Mixed Vegetable & Breadstick SOUP: Creamy Tomato</p>	<p>15 Breakfast Skillet Open Faced Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable Chef's Salad (Ham, Cheese, Egg, Onion, Tomato, Bacon), Roll SOUP: White Chicken Chili</p>	<p>16 Danish, Egg, Yogurt Shredded Pork with Teriyaki, Hawaiian Macaroni Salad, Mixed Fruit Salad, Roll Chicken Cordon Bleu, Sauteed Carrots, Wild Rice SOUP: Minestrone</p>
<p>17 Eggs, Toast, Hashbrown Happy Easter! Spiral Sliced Ham, Potato Cheese Casserole, Green Beans, Roll Egg Salad Sandwich, Cabbage Ramen Salad, Jello SOUP: Italian Wedding</p>	<p>18 Biscuits & Gravy Turkey Burger with Swiss, Lettuce, Tomato, & Pineapple, Tortellini Salad, Chips Lemon Honey Chicken, Wild Rice Mixed Vegetables, Roll SOUP: Vegetable Beef</p>	<p>19 Breakfast Casserole Pork Loin, Loaded Baked Potato, Squash Medley Baked Ziti, Mixed Vegetables, Garlic Bread SOUP: Cream Of Mushroom</p>	<p>20 Oats & Berries, Eggs, Toast Classic Cuban Sandwich, Couscous & Arugula Salad, Pickle Spear & Chips Baked Potato, Chili, Cheese, Sour Cream, Garden Salad SOUP: Chicken & Wild Rice</p>	<p>21 Ham & Cheese Croissant Country Fried Steak, Mashed Potatoes, Gravy, Mixed Vegetables Chicken Tortilla Casserole, Garden Salad, Fresh Fruit SOUP: Corn Chowder</p>	<p>22 Omelet Scram, Hashbrowns Salmon, Wild Rice, Mixed Vegetables Sweet & Sour Pork, Chow Mein Noodles, Egg Roll SOUP: Chicken Tortilla</p>	<p>23 French Toast French Dip with Au Jus, Broccoli Salad, Jello Turkey Dressing Casserole, Cran. Sauce, Mixed Veggies, Roll SOUP: Potato Cheese</p>
<p>24 Baked Oatmeal Roast Beef, Mashed Potatoes, Steamed Vegetable, Roll Chicken Salad Croissant, Pasta Salad, Chips SOUP: Clam Chowder</p>	<p>25 Egg & Sausage Biscuit Spaghetti with Meat Sauce, Caesar Salad, Garlic Bread Pulled BBQ Pork Sandwich with Pineapple, Coleslaw & Tater Tots SOUP: Chicken Noodle</p>	<p>26 Pancakes, Buttermilk Syrup Chicken Pot Pie, Garden Salad, Orange Slice Krab Salad, Tomato, Lemon, Egg, Cracker SOUP: French Onion</p>	<p>27 Muffin, Hard Boil Egg, Yogurt Southwest Chicken Pocket, Black Bean Salsa, Rice, Steamed Vegetable Italian Slider (Ham, Pep, Salami), Frog Eye Salad, Chips SOUP: Kielbasa Sausage & Potato</p>	<p>28 Crepes with Mixed Berries Brisket, Mashed Potatoes, Gravy, Vegetable Chicken Flautas, Beans, Rice, Tortilla Chips, Sour Cream, Guac. SOUP: Creamy Tomato</p>	<p>29 Breakfast Skillet Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans Pizza, Garden Salad, Jello Salad SOUP: White Chicken Chili</p>	<p>30 Danish, Egg, Yogurt Teriyaki Chicken, Fried Rice, Egg Roll, Fortune Cookie Black Forrest Ham, Roll, Potato Casserole, Vegetable SOUP: Minestrone</p>