

ASHFORD MEAL CALENDAR

August

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
31 Breakfast Casserole	1 Waffles, Syrup	2 Sausage Egg Cheese Biscuit	3 Pancakes, Buttermilk Syrup	4 Oats, Berries, Toast, Eggs	5 Berry Bake	6 Biscuits & Gravy	
Roast Turkey, Mashed Potatoes with Gravy, Sweet Corn, Roll	Beef Stroganoff, Egg Noodles, Vegetables, Roll	Coconut Shrimp, Wild Rice, Orange Chili Sauce, Vegetables	Beef Fajitas, Onions, Peppers, Rice, Beans, Tortilla, Sour Cream, Chips & Salsa	Turkey Burger with Swiss, Pineapple Ring, Lettuce Tomato, Potato Salad, Chips	Boneless Pork Ribs, Baked Beans, Fruit, Cornbread	Hawaiian Haystacks: Chicken, Pineapple, Rice, Coconut, Cheese, Peppers, Roll	
Chicken Cordon Bleu, Rice, Roasted Carrots	Grilled Ham & Cheese, Three Bean Salad, Jello Salad	Lemon Honey Chicken, Cous Cous, Steamed Broccoli	Baked Ziti, Caesar Salad Breadstick	Chicken Tetrizzini, Vegetables, Fresh Fruit	Philly Cheesesteak Sandwich Chips, Fresh Fruit	Chef's Salad: Ham, Egg, Cheese, Tomato, Bacon, Onion, Roll	
Soup: French Onion	SOUP: Vegetable	SOUP: Cream of Potato	SOUP: Broccoli Cheese	SOUP: Chicken Dumpling	SOUP: Clam Chowder	SOUP: Minestrone	
7 Danish, Eggs, & Yogurt	8 Breakfast Sandwich	9 Omelet Scramble	10 Muffin, Yogurt Parfait, Eggs	11 French Toast	12 Breakfast Burrito	13 Eggs, Toast, Hashbrowns	
Black Forrest Ham, Cheesy Potato Casserole, Green Beans, Roll	Chicken Parmesan with Pasta, Garden Salad, Garlic Bread	Salmon, Wild Rice, Squash Medley	Pork Loin, Scalloped Potatoes, Steamed Vegetables, Fruit	Open-Faced Shredded Beef, Mashed Potatoes with Gravy, Mixed Vegetables	Chicken Pot Pie, Garden Salad, Fruit	Meatloaf, Mashed Potatoes with Gravy, Vegetables	
Chicken Salad Croissant, Pasta Salad, Fresh Fruit	Turkey Dressing Casserole, Cranberry Sauce, Roll	Reuben Sandwich, Pickle Spear, Stawberry Pasta Salad, Chips	Enchilada Pasta, Garden Salad, Breadsticks	Ritzy Chicken, Steamed Veggies, Fruit	County Fair Corn Dogs, Tater Tots, Fresh Fruit	Fish & Chips Tarter Sauce, Coleslaw	
SOUP: Potato Bacon	SOUP: Chicken Noodle	SOUP: Corn Chowder	SOUP: Vegetable Beef	SOUP: Creamy Tomato	SOUP: Clam Chowder	SOUP: Chicken Tortilla	
14 Frittata	15 Waffles, Syrup, Fruit	16 Sausage Egg Cheese Biscuit	17 Pancakes, Buttermilk Syrup	18 Oats, Berries Toast & Eggs	19 Berry Bake	20 Biscuits & Gravy	
Salisbury Steak, Mashed Potatoes with Gravy, Vegetables	Apricot Chicken, Rice, Vegetable Medley, Fruit	BBQ Jumbo Drumsticks, Baked Beans, Cornbread	Shrimp Scampi Linguini Vegetables, Garlic Bread	Chicken Divan, Vegetables, Fruit, Roll	Country Fried Steak, Mashed Potatoes, Gravy, Steamed Vegetables	Bacon Cheeseburger with Lettuce, Tomato, Pickle, Pasta Salad, & Fruit Slice	
Asian Chicken Salad, Roll	Pulled Pork Sliders, Potato Salad, Chips	Turkey Bacon Avacado Wrap, Broccoli Salad	Sloppy Joes, Macaroni & Cheese, Veggies	Swedish Meatballs, Egg Noodles, Fruit Cup	Krab Salad, Tomato, Lemon, Boiled Egg, Cracker	Ziti, Parmesan Breadsticks, Italian Green Beans	
SOUP: Navy Bean	SOUP: Pasta Fagioli	SOUP: Cream of Potato	SOUP: Broccoli Cheese	SOUP: Chicken Dumpling	SOUP: Clam Chowder	SOUP: Minestrone	
21 Danish, Eggs & Yogurt	22 Breakfast Sandwich	23 Omelet Scramble	24 Muffin, Yogurt Parfait Eggs	25 French Toast	26 Breakfast Burrito	27 Eggs, Toast, Hashbrowns	
Roast Beef, Roasted Potatoes, Gravy, Carrots, Roll	BBQ Chicken Salad (Black Beans, Corn, Jack Cheese, Tortilla Chips), Roll	French Dip with Au Jus, Potato Salad, Pickle Spear	Taco Salad, Chips, Beef, Lettuce, Tomato, Cheese Sour Cream, Salsa	Southwest Chicken Roll, Black Bean Salsa, Rice	Beef Brisket, Loaded Baked Potato, Cucumber Salad	Lasagna, Caesar Salad, Breadstick	
Chicken Alfredo Pasta, Garlic Bread, Watermelon	Shepherd's Pie, Peas & Carrots, Roll	Orange Chicken, Fried Rice, Egg Roll	Chicken Supreme, Mixed Vegetables, Roll	Baked Potato, Chili, Cheese, Garden Salad	Hawaiian or Pepperoni Pizza, Jello Salad	Chicken Tenders, French Fries, Fruit	
SOUP: Potato Bacon	SOUP: Chicken Noodle	SOUP: Corn Chowder	SOUP: Vegetable Beef	SOUP: Creamy Tomato	SOUP: Clam Chowder	SOUP: Chicken Tortilla	
28 Frittatas	29 Waffles, Syrup, Fruit	30 Sausage Egg Cheese Biscuit	31 Pancakes, Buttermilk Syrup	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	
Turkey, Mashed Potatoes with Gravy, Green Bean Casserole, Stuffing, Roll	Beef Enchiladas, Rice, Beans, Sour Cream, Salad	Grilled Chicken, Baked Yam, Spinach Salad, Roll	Shredded Pork, Teriyaki Sauce, Roll, Fresh Fruit, Hawaiian Macaroni Salad				Lunch/Dinner Alternatives: Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli or PB&J Sandwich
BLT Sandwich, Potato Salad, Watermelon	Sweet & Sour Pork Fried Rice, Egg Roll	Ham Sliders, Spinach Berry Salad with Lemon Dressing	Spaghetti, Green Beans, Garlic Bread				
SOUP: Vegetable	SOUP: Chicken & Wild Rice	SOUP: Cream of Potato	SOUP: Broccoli Cheese				