

ASHFORD MEAL CALENDAR

September

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, Yogurt, Toast, Fruit</p>	31 Breakfast Casserole	1 Muffins, Yogurt	2 Eggs, Pastry, Hash Browns	3 Cereal Bar, Eggs, Toast
			"Popcorn" Chicken Bowls (Mashed Potatoes, Corn, Cheese, Popcorn Chicken)	Honey Lime Pork Tacos, Refried Beans, Black Bean Salsa, Chips	Coconut Shrimp, Ham Fried Rice, Carrots	Italian Beef Sandwich, Macaroni Salad, Tri-Color Cauliflower
			Egg Salad Sandwich, Watergate Salad	Chicken Divan, Carrots, Roll	Grilled Cheese on Artisan Bread, California Mix Vegetable	Ham Sliders, Roasted Potatoes, Deviled Egg
			SOUP: French Onion	SOUP: Clam Chowder	SOUP: Chicken Tortilla	SOUP: Vegetable
4 Berry Bake w/ Caramel Syrup	5 Pancakes, Eggs	6 Eggs, Toast, Hash Browns	7 Coffee Cake	8 Waffles, Eggs	9 Bagel, Eggs	10 French Toast, Yogurt
Ham, Cheesy Potatoes, Green Beans, Roll	Hamburger OR Hot Dog, Potato Salad, Frog Eye Salad	Philly Cheese Steak Sandwich, Rosemary Roasted Potato, OR Steak & Pepper Salad	Creamy Italian Chicken, Rice, Tri-Color Cauliflower	Salmon, Orzo, Peach & Cucumber, Salad	Lasagna, Garlic Bread	Chicken Cordon Bleu, Baked Potato with toppings, Watergate Salad
Chicken Croissant Sandwich, Berry Cup	Bacon, Lettuce & Tomato Sandwich, Chips	Chili Mac & Cheese, Tomato Slices	Deli Sandwich, Carrot & Celery Sticks, Chips	Teriyaki Chicken, Rice, Asparagus	Sloppy Joes, Broccoli Salad, French Fries	Sweet & Sour Pork, Rice
SOUP: Tomato Basil	SOUP: Fagioli	SOUP: Creamy Chicken	SOUP: Enchilada	SOUP: Broccoli Cheese	SOUP: Potato	SOUP: Chicken & Wild Rice
11 Tater Tot Sausage Casserole	12 Pancakes, Eggs	13 Breakfast Sliders	14 Breakfast Casserole	15 Muffins, Yogurt	16 Eggs, Pastry, Hash Browns	17 Cereal Bar, Eggs, Toast
Turkey, Mashed Potatoes w/ Gravy, Mixed Vegetables	Brisket, Baked Potatoes, Cornbread, Butternut Squash	Meatball Sub, Broccoli, Chips OR Spaghetti & Meatballs, Garlic Bread	Fried Chicken, Mashed Potatoes with Gravy, Corn, Biscuit	Sweet Pork Quesadilla, Black Bean Salsa, Chips	Hot Dogs, Macaroni Salad, Chips	Poppyseed Chicken, Broccoli, Roll
Beef Stew, Baking Powder Biscuit	Toastada, Refried Beans, Lettuce, Tomato, Salsa, Sour Cream	Apricot Chicken, Rice, Sunshine Carrots	Pulled Pork Sandwiches, Coleslaw, Fruit Cup	Chicken Strawberry Pasta, Roll	Beef Stroganoff, Egg Noodles, Carrots & Peas	Fish & Chips, Coleslaw
SOUP: Tortellini Soup	SOUP: Butternut	SOUP: Taco Soup	SOUP: French Onion	SOUP: Clam Chowder	SOUP: Chicken Tortilla	SOUP: Vegetable
18 Berry Bake w/ Caramel Syrup	19 Pancakes, Eggs	20 Eggs, Toast, Hash Brown	21 Coffee Cake	22 Waffles, Eggs	23 Bagel, Eggs	24 French Toast, Yogurt
Pot Roast, Mashed Potatoes w/ Gravy, Green Beans	French Dip, Macaroni Salad, French Fries	Turkey Bacon Avocado Sandwich, Broccoli Salad OR Turkey Bacon Avocado Salad	Stuffed Chicken, Au Gratin Potatoes, Green Beans	Meatloaf, Baked Potatoes, Mixed Vegetables	Kalua Pork, Chicken Thighs, Rice, Teriyaki Sauce, Hawaiian Macaroni Salad	Chicken Parmesan, Pasta, Tri-Color Cauliflower
Baked Potato Bar, Chili, Cheese, Onion, Sour Cream	BBQ Chicken Legs, Coleslaw, Potato Salad	Taquitos, Corn Tomato Avocado Salad, Chips	Garlic Honey Shrimp & Broccoli, Rice, Roll	Chicken & Biscuits, Watergate Salad	Chicken Pot Pie, Roll	Orange Chicken, Rice, Cabbage Salad
SOUP: Tomato Basil	SOUP: Fagioli	SOUP: Creamy Chicken	SOUP: Enchilada	SOUP: Broccoli Cheese	SOUP: Potato	SOUP: Chicken & Wild Rice
25 Tater Tot Sausage Casserole	26 Pancakes, Eggs	27 Breakfast Sliders	28 Breakfast Casserole	29 Muffins, Yogurt	30 Eggs, Pastry, Hash Browns	<p>Lunch/Dinner Alternatives:</p> <p>Cheeseburger, Hamburger, Chef Salad, Grilled Cheese, Ham and Cheese, Tuna, Hot Dog</p>
Chicken Cordon Bleu, Baked Potatoes, Carrot & Peas, Roll	Pork Chops with Rice, Creamy Fruit Salad, Green Beans	Mexican Pork Salad OR Sweet Pork Quesadilla Chips, Salsa, Guacamole	Ranch Chicken, Roasted Potatoes, Corn Casseole	Beef Hand Pies, Mixed Vegetables, Creamy Chicken Salad	Chicken or Shrimp Fajitas, Grilled Onions & Peppers, Refried Beans	
Tuna Melt on Rosemary Bread, Carrot & Celery Sticks	Country Fair Corn Dogs, Twister Fries	Chicken, Bacon Sandwich, Hawaiian Macaroni Salad	Battered Cod, English Chips, Coleslaw	Pizza, Garlic Bread	Chicken & Biscuits, Green Beans	
SOUP: Tortellini Soup	SOUP: Butternut	SOUP: Taco Soup	SOUP: French Onion	SOUP: Clam Chowder	SOUP: Chicken Tortilla	