

ASHFORD MEAL CALENDAR

September

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Memory Care Mealtimes Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30	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	Lunch/Dinner Alternatives: Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, or PB&J Sandwich	1 Biscuits & Gravy	2 French Toast	3 Eggs, Toast & Hashbrowns
				Boneless Pork Ribs, Corn, Baked Beans, Cornbread	Open Faced Shredded Beef, Mashed Potatoes, Gravy, Mixed Vegetables	Ranch Chicken Sandwich, 5 Cup Salad, Chips
				Big Mac Slider, Layered Jello, Cabbage Ramen Salad	Fish & Chips, Tartar Sauce, Coleslaw	Cowboy Casserole, Peas & Carrots, Watermelon Slices
				SOUP: Italian Wedding	SOUP: Creamy Potato	SOUP: Minestrone
4 Danish, Eggs, Yogurt	5 Breakfast Scramble	6 Baked Oatmeal	7 Crepes w/ Mixed Berries	8 Egg & Sausage Biscuit	9 Buttermilk Pancakes	10 Eggs Benedict
Salisbury Steak, Mashed Potatoes, Gravy, Vegetable	Labor Day Ritz Chicken, Baked Yam, Steamed Vegetables	Salmon with Dill Sauce, Rice Pilaf, Squash Medley	Fried Chicken, Mashed Potatoes, Gravy, Coleslaw, Corn, Biscuit	Philly Cheesesteak Sandwich, Roasted Potatoes, Fruit Salad	9-11 Picnic Hamburger OR Hot Dog, Potato Salad, Fruit Slice	Shrimp Scampi, Vegetables, Garlic Bread
Croissant Chicken Salad Sandwich, Watergate Salad, Chips	Chef's Salad (Ham, Egg, Cheese, Bacon, Onion) Roll	Roast Beef & Cheddar Sandwich, Waldorf Salad, Chips	Ranch Turkey Bacon Wrap, Couscous & Arugula Salad	Chicken Carbonara Pasta Bake, Vegetables, Breadstick	Chicken Pot Pie, Garden Salad	Turkey Dressing Casserole, Cranberry Sauce, Vegetables, Roll
SOUP: Creamy Tomato	SOUP: Vegetable	SOUP: French Onion w/ Baguette	SOUP: White Chicken Chili	SOUP: Italian Potato	SOUP: Clam Chowder	SOUP: Broccoli Cheese
11 Breakfast Casserole	12 Ham & Cheese Croissant	13 Breakfast Quiche	14 Cinnamon Roll, Eggs	15 Biscuits & Gravy	16 French Toast	17 Eggs, Toast & hashbrowns
Meatloaf, Mashed Potatoes, Gravy Green Beans, Roll	Stuffed Bell Pepper, Loaded Baked Potato, Mixed Vegetables	Beef Fajitas (Onions, Peppers, Rice, Beans, Tortilla, Sour Cream), Chips & Salsa	Shredded Pork with Teriyaki, Hawaiian Macaroni Salad, Fresh Fruit, Hawaiian Roll	Roast Beef, Roasted Potatoes, Carrots, Gravy, Roll	Parmesan Tilapia, Wild Rice, Mixed Vegetables	Spaghetti with Meat Sauce, Caesar Salad, Breadstick
Tuna Melt, Chips, Tomato & Cucumber Salad	Sweet & Sour Pork, Chow Mein Noodles, Egg Roll	Italian Chicken, Egg Noodles, Peas & Carrots, Jello Salad	White Chicken Enchiladas, Sauteed Carrots, Rice	Turkey Cranberry Sandwich, Spinach Salad, Chips	Swedish Meatballs, Egg Noodles, Vegetables	Italian Sliders (Pepperoni, Ham, Salami), Carrot Salad, Fruit
SOUP: Creamy Chicken Noodle	SOUP: Navy Bean	SOUP: Chicken Pazole	SOUP: Corn Chowder	SOUP: Italian Wedding	SOUP: Creamy Potato	SOUP: Minestrone
18 Danish, Eggs, Yogurt	19 Breakfast Scramble	20 Baked Oatmeal	21 Crepes w/ Mixed Berries	22 Egg & Sausage Biscuit	23 Buttermilk Pancakes	24 Eggs Benedict
Black Forrest Ham, Scalloped Potatoes, Vegetable, Roll	Teriyaki Chicken, Fried Rice, Green Beans, Egg Roll, Fortune Cookie	Sweet Pork Salad, Rice, Lettuce, Tomato, Cheese, Sour Cream, Guac., Chips	Grilled Chicken, Greek Salad with Beets, Pita Bread	Beef Stroganoff, Egg Noodles, Mixed Vegetables, Roll	Pork Loin, Baked Yam, Squash Medley	Country Fried Steak, Mashed Potatoes, Vegetables
Corn Dogs, Tater Tots, Fruit Salad	Grilled Ham & Cheese, Tapioca Pudding, Chips	Kielbasa Sausage, Onions, Peppers, Potatoes, Roll	Turkey Bacon Avocado Sandwich, Cabbage Ramen Salad, Fruit	Honey Dijon Chicken, Wild Rice, Vegetables	Baked Ziti, Caesar Salad, Breadstick	Krab Salad, Tomato, Lemon, Boiled Egg, Crackers
SOUP: Creamy Tomato	SOUP: Vegetable	SOUP: French Onion w/ Baguette	SOUP: White Chicken Chili	SOUP: Italian Potato	SOUP: Clam Chowder	SOUP: Broccoli Cheese
25 Breakfast Casserole	26 Ham & Cheese Croissant	27 Breakfast Quiche	28 Cinnamon Roll w/ Eggs	29 Biscuits & Gravy	30 French Toast	
Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Mixed Vegetables, Roll	Taco Salad, Chips, Beef, Lettuce, Tomato, Cheese, Sour Cream, Guacamole	Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans	BBQ Pork Sandwich with Cheese, Pineapple Ring, Pasta Salad, Potato Chips	Beef Stew, Garden Salad, Cornbread	Brisket, Loaded Baked Potato, Seven Layer Salad	
Chicken Supreme, Peas & Carrots, Jello	Egg Salad Sandwich, Red Potato Salad, Chips	Sloppy Joe, Macaroni & Cheese, Vegetable	Baked Potato, Chili, Cheese, Garden Salad	Chicken Tetrzzini, Green Beans, Garlic Bread	Pizza, Garden Salad, Jello Salad	
SOUP: Creamy Chicken Noodle	SOUP: Navy Bean	SOUP: Chicken Pazole	SOUP: Corn Chowder	SOUP: Italian Wedding	SOUP: Creamy Potato	