

ASHFORD MEAL CALENDAR					January	2024
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Sausage Egg & Cheese Biscuit Meatloaf, Mashed Potatoes, Gravy, Steamed Vegetables Italian Chicken, Egg Noodles, Squash Medley, Roll Soup: French Onion	1 Muffin, Yogurt Parfait, Eggs Burrito Bowl: Beef, Rice, Beans, Cheese, Sour Cream, Guac., Chips & Salsa Turkey Burger with Pineapple, Waldorf Salad, Chips Soup: Butternut Squash	2 Bagel, Cream Cheese, Eggs Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans Open Faced Beef, Gravy Mashed Potatoes, Vegetables Soup: Creamy Chicken Noodle	3 Pancakes, Buttermilk Syrup Beef Pot Pie, Garden Salad, Orange Slices Ham & Potato Casserole, Vegetables, Roll Soup: Creamy Potato	4 Biscuits & Gravy Teriyaki Chicken, Fried Rice, Egg Roll, Fortune Cookie Sloppy Joe with Bun, Macaroni & Cheese, Peas, Carrots Soup: Vegetable	5 Breakfast Quiche Pork Loin with Gravy, Wild Rice, Steamed Broccoli Shrimp Scampi with Linguini, Mixed Vegetables, Garlic Bread Soup: Clam Chowder	6 Danish, Hard Boil Egg, Yogurt Salisbury Steak, Mashed Potatoes, Gravy, Vegetables Ranch Chicken Sandwich, 5 Cup Salad, Chips Soup: Minestrone
7 Eggs, Toast, Hashbrowns Black Forrest Ham, Scalloped Potatoes, Green Beans Hot Dog with J Dawg Sauce, Sweet Potato Fries, Jello Salad Soup: Italian Wedding	8 Pancakes, Buttermilk Syrup Open-Faced Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetables Lemon Honey Chicken, Rice Pilaf Mixed Vegetables, Roll Soup: Chicken & Wild Rice	9 Breakfast Skillet Bacon Cheeseburger: Lettuce, Tomato, Onion, Cheese, Cabbage Ramen Salad, Chips Beef Enchilada, Rice, Beans, Chips & Salsa Soup: Broccoli Cheese	10 Oats with Berries, Eggs Honey Dijon Chicken, Wild Rice, Steamed Vegetables Turkey Bacon Wrap, Broccoli Salad, Chips Soup: Corn Chowder	11 Ham & Cheese Croissant Brisket, Mashed Potatoes, Gravy, Vegetables, Roll Ground Pork, Peppers, Onions, Pineapple, Over Rice, Roll Soup: Creamy Tomato	12 Breakfast Burrito Salmon, Wild Rice, Vegetables Turkey Dressing Casserole, Vegetables, Roll Soup: Clam Chowder	13 French Toast Shepherd's Pie, Mixed Vegetables, Roll Apricot Chicken, Wild Rice, Green Beans Soup: Vegetable Beef
14 Sausage Egg & Cheese Biscuit Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetables Chicken Cordon Bleu, Rice Pilaf Vegetables Soup: White Chicken Chili	15 Muffin, Yogurt Parfait, Eggs White Chicken Enchilada, Wild Rice, Sauteed Carrots Chef Salad: Ham, Cheese, Egg, Tomato, Onion, Bacon, Roll Soup: Butternut Squash	16 Bagel, Cream Cheese, Eggs Beef Fajitas: Peppers, Onions, Rice, Beans, Tortilla, Lettuce, Tomato, Sour Cream Grilled Ham & Cheese, 3 Bean Salad, Chips Soup: Creamy Chicken Noodle	17 Pancakes, Buttermilk Syrup Lasagna, Caesar Salad, Breadstick Orange Chicken, Fried Rice, Egg Roll Soup: Creamy Potato	18 Biscuits And Gravy Taco Salad: Chips, Beef, Lettuce, Tomato, Cheese, Sour Cream, Salsa Beef & Potato Casserole, Vegetables, Roll Soup: Vegetable	19 Breakfast Quiche Stuffed Bell Pepper, Loaded Baked Potato, Mixed Vegetables Krab Salad: Lettuce, Tomato, Lemon, Egg, Cracker Soup: Clam Chowder	20 Danish, Hard Boil Egg, Yogurt BBQ Chicken, Cheesy Potatoes, Coleslaw Biscuit Beef Stroganoff, Egg Noodles Vegetables, Roll Soup: Minestrone
21 Eggs, Toast, Hashbrowns Roast Beef, Mashed Potatoes, Gravy, Sauteed Carrots Chicken Tetrazzini, Vegetables, Roll Soup: Italian Wedding	22 Pancakes, Buttermilk Syrup BBQ Chicken Salad: Lettuce, Tomato, Black Beans, Corn, Jack Cheese, Tortilla Strips, Roll Pulled Pork, Hawaiian Roll, Hawaiian Macaroni Salad Soup: Chicken & Wild Rice	23 Breakfast Skillet Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans Baked Potato with Chili, Cheese, Garden Salad Soup: Broccoli Cheese	24 Oats with Berries, Eggs Beef Stew, Garden Salad, Cornbread Swedish Meatballs, Rice, Vegetables, Roll Soup: Corn Chowder	25 Ham & Cheese Croissant Rotisserie Chicken, Roasted Potatoes, Vegetables, Roll Chili Cheese Dog, Cabbage Ramen Salad, Chips Soup: Creamy Tomato	26 Breakfast Burrito Pork Loin, Baked Yam, Mixed Vegetables Pepperoni or Hawaiian Pizza, Garden Salad, Jello Salad Soup: Clam Chowder	27 French Toast Parmesan Tilapia, Wild Rice, Vegetables Chicken Salad Croissant, Red Potato Salad, Grapes Soup: Vegetable Beef
28 Sausage Egg & Cheese Biscuit Spaghetti with Meatsauce, Caesar Salad, Breadstick Egg Salad Sandwich, Pasta Salad, Chips Soup: White Chicken Chili	29 Muffin, Yogurt Parfait, Eggs Navajo Taco: Chili, Lettuce, Tomato, Cheese, Sour Cream Fish & Chips, Tartar Sauce, Coleslaw Soup: Butternut Squash	30 Bagel, Cream Cheese, Eggs Sweet Pork Salad: Lettuce, Tomato, Rice, Guac, Sour Cream, Salsa, Chips Chicken Supreme, Vegetables, Roll Soup: Creamy Chicken Noodle	31 Pancakes, Buttermilk Syrup Ritz Chicken, Wild Rice, Steamed Vegetables Sweet & Sour Pork, Chow Mein, Egg Roll Soup: Creamy Potato	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
						Lunch/Dinner Alternatives: Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich