

ASHFORD MEAL CALENDAR						January	2024
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
31 Hot Cereal	1 Brown Sugar French Toast	2 English Muffin Sandwich	3 Chef's Choice Omelet	4 Buttermilk Pancakes	5 Biscuits and Gravy	6 Homestyle Waffles	
Beef Pot Roast, Classic Mashed Potatoes, Baby Carrots	Chicken Fried Steak and Gravy, Mashed Red Potatoes, Corn	Pork Chops and Gravy, Homestyle Country Potatoes, Oven Roasted Cauliflower	Turkey Cutlet with Cheese Sauce, Roasted Potato Medley, Peas and Onions	HAPPY BIRTHDAY MARYDITH Smothered Chicken, Penne Pasta, Garlic Green Beans	Parmesan Herb Crusted Tilapia, Parsley Rice, Chef's Steamed Vegetable	Glazed Meatloaf, O'Brian Potatoes, Roasted Squash	
Grilled Cheese Sandwich, Potato Chips, Tomato Soup	Cheese Tortellini with Basil Cream, California Blend, Garlic Breadstick	Meatball Sub Sandwich, Tater Tots, Carrot Sticks	Baked Ziti with Italian Sausage, Normandy Blend	Shepherd's Pie with Gravy, Herb Sautéed Vegetables	Classic Lasagna, Country Trio Medley	Chef's Salad Bowl, Baked Roll	
SOUP: Tomato Basil	SOUP: Cream of Potato	SOUP: Red Pepper	SOUP: Fresh Tomato	SOUP: Vegetable Rice	SOUP: Cream of Broccoli	SOUP: Autumn	
7 Ham and Cheese Omelet	8 Deluxe Waffles	9 Egg, Ham, Cheese Croissant	10 French Texas Toast Bake	11 Orange Cranberry Muffin	12 Maple Bacon Casserole	13 Blueberry Pancakes	
Slow-Roasted Turkey, Roasted Smashed Potatoes, Cranberry Sauce, Corn	Three Cheese and Herb Quiche, Watermelon, Fresh Asparagus	Beef Tips in Gravy, Noodles, California Blend	HAPPY BIRTHDAY VICKIE Honey Glazed Prok Chop, Mac and Cheese, Green Beans	Rosemary Roasted Chicken Thigh, Sweet Baked Yams, Roasted Cabbage	Grilled Salmon Fillet, Rice, Steamed Broccoli	BBQ Beef Brisket, Potato Salad, Peas and Mushrooms	
Grilled Cheese Sandwich, Sliced Tomatoes	Beef Cheese Enchilada Spanish Rice, Zucchini Corn	Chicken Caesar Salad, Mozzarella Garlic Bread	Fish and Chips French Fries, Coleslaw	BLT Sandwich, French Fries, Beets	Ham and Swiss Sandwich, Chips, Vegetable Pasta	Canadian Bacon Pizza, Chef's Steamed Vegetables	
SOUP: Garden Tomato	SOUP: Cream of Celery	SOUP: Homestyle Vegetable	SOUP: Broccoli Cheese	SOUP: Butternut Squash	SOUP: Cream of Mushroom	SOUP: Vegetable Macaroni	
14 Egg Sausage Croissant	15 Cinnamon French Toast Dish	16 Cheesy Scrambled Eggs	17 Belgian Waffles	18 Bacon and Egg Casserole	19 Blueberry Pancakes	20 Baked Denver Omelet	
Herb Crusted Pork Roast, Glazed Sweet Potatoes, California Blend	Cube Steak with Brown Gravy, Classic Mashed Potatoes, Roasted Carrots	Cranberry Chicken, Homestyle Stuffing, Lemon Green Pepper Beans	HAPPY BIRTHDAY CAROLE M. Classsic Meatloaf Mashed Potates, Country Medley	Homestyle Salisbury Steak, Baked Potato, Buttered Zucchini	Garlic Parmesan Chicken, White and Wild Rice, Normandy Blend	Smothered Steak, Herb Mashed Potatoes, Roasted Cauliflower	
Green Chile Chicken Enchilada Casserole	Fried Egg Sandwich on Bun, Potato Salad	Ranch Burger, French Fries	Pork Stir-Fry over Rice, Homemade Cookies	Hot Ham Sandwich, Sweet Potato Fries	Taco Salad, Fresh Tomato Salsa, Chips	All-Beef Hot Dog, Classic Macaroni Salad	
SOUP: Potato	SOUP: Vegetable Barley	SOUP: Homemade Clam Chowder	SOUP: Creamy Vegetable	SOUP: Fresh Tomato	SOUP: Garden Vegetable	SOUP: Cream of Chicken	
21 Western Breakfast Sandwich	22 Brown Sugar French Toast	23 Egg and Ham Scramble	24 Buttermilk Pancakes	25 Breakfast Sausage Cups	26 Deluxe Waffles	27 Denver Egg Scramble	
Marinated Rib Eye Steak, Fresh Mashed Potatoes, Mixed Vegetables	Grilled Shrimp, Parmesan Pasta, Sautéed Zucchini	HAPPY BIRTHDAY KATHY R. Chicken Cordon Bleu, Potatoes and Gravy	Hamburger Steak and Onions, Roasted Rosemary Potatoes, Cauliflower	Oven Roasted Chicken Breast, Lemon Chive Rice, Capri Blend	Parmesan Crusted Tilapia, AuGratin Potatoes, Fresh Cooked Spinach	Baked Beef Rigatoni, Chef's Steamed Vegetables, Garlic Bread	
Pulled Pork Sandwich, Macaroni Salad, Broccoli	Baked Potato with Chili, Glazed Carrots, Cornbread	Manicotti with Cheese Sauce, Grilled Asparagus	Breaded Cod and Fry Basket, French Fries	Ham Salad Rolls, Corn Chips, Vegetable Pasta	Meal Lover's Pizza, Braised Red Cabbage	Chicken Patty Sandwich, Tater Tots	
SOUP: Pepper Pot	SOUP: Beef Vegetable	SOUP: Cream of Broccoli	SOUP: Cream of Chicken	SOUP: Basil Tomato	SOUP: Classic Minestrone	SOUP: Lentil and Vegetable	
28 Breakfast Sausage Casserole	29 Homestyle Pancakes	30 Cold Cereal	31 Deluxe Waffles	<u>Memory Care Mealtimes</u> Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30	<u>Assisted Living Mealtimes</u> Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00	<u>Lunch/Dinner Alternatives:</u> Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich	
Beef Roast, Classic Mashed Potatoes, Baby Carrots	Chicken Cordon Bleu, Mashed Red Potatoes, Yellow Squash	Beef Goulash, Green Beans, Baked Roll	Seasoned Chicken Legs, Red Potato Salad, Butternut Squash				
Santa Fe Turkey Sandwich, Curly Fries, Celery Sticks	French Dip Slider, Potato Chips	Cobb Salad Bowl, Baked Parmesan Roll	Beef Taco, Refried Beans, Chips and Salsa				
SOUP: Pepper Pot	SOUP: Fresh Vegetable	SOUP: Garden Tomato	SOUP: Vegetable Rice				