ASHFORD MEAL CALENDAR

February 2024

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, PB&J Sandwich	1 Biscuits & Gravy Burrito Bowl: Beef, Rice, Beans, Cheese, Sour Cream, Guacamole, Chips & Salsa Shrimp Scampi with Linguini, Vegetables, Garlic Bread Soup: Vegetable Beef	2 Breakfast Skillet French Dip with Au Jus, Macaroni & Cheese, Vegetables Beef & Potato Casserole, Vegetables, Roll Soup: Clam Chowder	3 Eggs, Toast & Hashbrowns Country Fried Chicken, Mashed Potatoes, Gravy, Corn, Biscuit with Honey Butter Tuna Sandwich, Spinach Salad, Chips Soup: Italian Wedding
4 Ham Egg Cheese Croissant Black Forrest Ham, Cheesey Potato Casserole, Mixed Vegetables Asian Chicken Salad, Roll Soup: MInestrone	5 Avocado Toast, Eggs, Yogurt Chicken Pot Pie, Garden Salad, Orange Slices Shredded Beef, Roasted Potatoes, Mixed Vegetables, Roll Soup: Italian Potato	6 Breakfast Casserole Meatloaf, Mashed Potatoes, Gravy, Green Beans Turkey Dressing Casserole, Vegetables, Roll Soup: Creamy Potato	7 Cinnamon Swirl French Toast Boneless Pork Ribs, Baked Beans, Coleslaw, Cornbread Orange Chicken, Chow Mein, Egg Roll Soup: Creamy Chicken Noodle	8 Sausage Egg Cheese Biscuit Baked Ziti, Caesar Salad, Breadstick Lemon Honey Chicken, Rice Pilaf, Vegetables Soup: Vegetable	9 Eggs Benedict Parmesan Tilapia, Wild Rice, Vegetables Swedish Meatballs, Egg Noodles, Vegetables, Roll Soup: Corn Chowder	10 Breakfast Quiche **Chinese New Year!** Beef & Broccoli Bowl, Pineapple, Egg Roll Egg Salad Croissant, Cabbage Ramen Salad, Pudding Soup: Chicken Tortilla
11 Omelet Scramble **Super Bowl Sunday!** Cheeseburger, Potato Salad, Chips, Fresh Fruit Chicken Supreme, Vegetables, Roll Soup: Broccoli Cheese	12 Oats with Berries, Eggs White Chicken Enchilada, Wild Rice, Mixed Vegetables Beef & Cheddar Sandwich, Roasted Potatoes, Fruit Cup Soup: Chicken & Wild Rice	13 Pancakes & Buttermilk Syrup Coconut Shrimp Orange Chili Sauce, Wild Rice, Vegetables Turkey Bacon Wrap, Broccoli Salad, Chips Soup: French Onion	14 Muffin, Yogurt Parfait, Eggs **Happy Valentine's Day!** Filet Mignon, Twice-Baked Potato, Vegetables, Roll Spaghetti with Meatsauce, Garden Salad, Garlic Bread Soup: Creamy Tomato	15 Biscuits & Gravy Pineapple & Pepper Chicken, Rice, Egg Rolls, Fortune Cookie Baked Potato, Chili, Cheese, Sour Cream, Garden Salad Soup: Vegetable Beef	16 Breakfast Skillet Pork Loin, Baked Yam, Mixed Vegetables Chef's Salad: Ham, Cheese, Tomato, Egg, Bacon, Onion, Roll Soup: Clam Chowder	17 Eggs, Toast & Hashbrowns Salisbury Steak, Mashed Potatoes, Gravy, Vegetables Ranch Chicken Sandwich, 5 Cup Salad, Chips Soup: Italian Wedding
18 Ham Egg Cheese Croissant Roast Beef, Mashed Potatoes, Gravy, Glazed Carrots Fish & Chips, Tartar Sauce, Coleslaw Soup: Minestrone	19 Avocado Toast, Eggs, Yogurt Thai Chicken Coconut Curry, Rice, Steamed Vegetables, Naan Bread Sloppy Joe, Macaroni & Cheese, Vegetables Soup: Italian Potato	20 Breakfast Casserole Open-Faced Beef Sandwich, Mashed Potatoes, Gravy, Steamed Vegetables Apricot Chicken, Wild Rice, Vegetables Soup: Creamy Potato	21 Cinnamon Swirl French Toast Hawaiian Haystack: Rice, Cheese, Pineapple, Tomato, Coconut, Garden Salad, Roll Beef Stroganoff, Egg Noodles, Vegetables, Roll Soup: Creamy Chicken Noodle	22 Sausage Egg Cheese Biscuit Shredded Pork, Hawaiian Roll, Hawaiian Macaroni Salad, Fresh Fruit Chicken Divan Casserole, Garden Salad, Roll Soup: Vegetable	23 Eggs Benedict Salmon, Rice Pilaf, Squash Medley Pizza (Pepperoni or Hawaiian), Garden Salad, Jello Salad Soup: Corn Chowder	24 Breakfast Quiche Shepherd's Pie, Mixed Vegetables, Roll Chicken Cordon Bleu, Wild Rice, Carrots Soup: Chicken Tortilla
25 Omelet Scramble Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetables, Roll Krab Salad: Lettuce, Tomato, Lemon, Egg, Cracker Soup: Broccoli Cheese	26 Oats with Berries, Eggs Navajo Taco: Chili, Lettuce, Tomato, Cheese, Sour Cream Ground Pork, Peppers, Onions & Pineapple over Rice, Roll Soup: Chicken & Wild Rice	27 Pancakes & Buttermilk Syrup Lasagna, Caesar Salad, Garlic Bread Sweet & Sour Pork, Fried Rice, Egg Roll Soup: French Onion	28 Muffin, Yogurt Parfait, Eggs Cheezit Chicken, Wild Rice, Steamed Vegetables, Roll Pulled Pork Sandwich, Red Potato Salad, Jello Soup: Creamy Tomato	29 Biscuits & Gravy Brisket, Mashed Potatoes, Gravy, Mixed Vegetables Chicken Tetrazzini, Vegetables, Breadstick Soup: Vegetable Beef		