

# ASHFORD MEAL CALENDAR

April

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Eggs, Hashbrowns & Toast <b>EASTER</b> Spiral Sliced Ham, Twice-Baked Potato Casserole, Vegetables, Roll Egg Salad Croissant, Broccoli Salad, Chips Soup: Minestrone	1 Muffin, Yogurt, Eggs <b>APRIL FOOLS DAY</b> White Chicken Enchilada, Wild Rice, Vegetables Ham & Potato Casserole Vegetables, Roll Soup: Lemon Chicken Orzo	2 Pancakes, Buttermilk Syrup French Dip with Au Jus, Macaroni & Cheese, Roasted Vegetables Chicken Supreme, Steamed Vegetables, Roll Soup: Creamy Potato	3 Breakfast Quiche Hawaiian Haystack: Rice, Cheese, Pineapple, Tomato, Coconut, Garden Salad, Roll Shrimp Scampi with Pasta, Mixed Vegetables, Garlic Bread Soup: Chicken & Wild Rice	4 Biscuits & Gravy Pineapple & Pepper Chicken, Rice, Egg Roll, Fortune Cookie Beef & Cheddar on Roll, Couscous and Arugula Salad, Chips Soup: Creamy Tomato	5 Breakfast Skillet Parmesan Tilapia, Wild Rice, Squash Medley Spaghetti with Meatsauce, Vegetables, Breadstick Soup: Clam Chowder	6 Ham Egg Cheese Eng. Muffin Bacon Cheeseburger: Lettuce, Tomato, Onion, Potato Salad, Fruit Slices Chicken, Apple & Smoked Gouda Salad, Rosemary Bread Soup: Vegetable
7 French Toast Meatloaf, Mashed Potatoes, Gravy, Vegetables Tuna Melt, Pasta Salad, Chips Soup: French Onion	8 Oats with Berries, Eggs Beef Pot Pie, Spinach Salad, Orange Slices Apricot Chicken, Roasted Potatoes, Green Beans Soup: Creamy Chicken Noodle	9 Breakfast Casserole Breaded Shrimp, Cocktail Sauce, Wild Rice, Vegetables Shredded Beef, Cheesy Potatoes, Vegetables Soup: Chicken Tortilla	10 Avocado Toast, Eggs, Yogurt Turkey Bacon Avocado Sandwich, Strawberry Spinach Salad, Jello Cup Beef & Broccoli Bowl, Rice, Fruit Slices Soup: Corn Chowder	11 Omelet Scramble BBQ Chicken, Mashed Potatoes, Gravy. Cream Corn Gulliver, Cornbread Swedish Meatballs, Egg Noodles, Vegetables, Roll Soup: Italian Wedding	12 Eggs Benedict Stuffed Bell Pepper, Baked Yam, Mixed Vegetables Chicken Salad Sandwich, 7 Layer Salad, Jello Soup: Clam Chowder	13 Danish, Eggs, Yogurt Salisbury Steak, Mashed Potatoes, Gravy, Vegetables Sweet & Sour Pork, Chow Mein, Egg Roll Soup: Minestrone
14 Eggs, Hashbrowns, Toast Roast Beef, Mashed Potatoes, Gravy, Glazed Carrots Fish & Chips, Tartar Sauce, Coleslaw Soup: Cheesy Cauliflower	15 Muffin, Yogurt, Eggs Southwest Chicken Roll, Garden Salad, Black Bean Salsa, Rice Beef Stroganoff, Egg Noodles, Vegetables, Roll Soup: Lemon Chicken Orzo	16 Pancakes, Buttermilk Syrup Shepherd's Pie, Mixed Vegetables, Roll Chef Salad: Ham, Cheese, Bacon, Egg, Onion, Tomato, Roll Soup: Creamy Potato	17 Breakfast Quiche BBQ Pork with Swiss & Pineapple, Coleslaw, Roasted Sweet Potato Chicken Tetrazzini, Vegetables, French Bread Soup: Chicken & Wild Rice	18 Biscuits & Gravy Rotisserie Chicken, Mashed Potatoes, Gravy, Vegetables, Roll Grilled Ham & Cheese, Cup of Tomato Soup, Fruit Slices Soup: Creamy Tomato	19 Breakfast Skillet Salmon, Rice Pilaf, Steamed Vegetables Turkey Dressing Casserole, Cranberry Sauce, Green Beans, Roll Soup: Clam Chowder	20 Ham Egg Cheese Eng. Muffin Chicken Parmesan, Pasta, Mixed Vegetables, Garlic Bread Taco Salad: Beef, Lettuce, Tomato, Cheese, Chips, Sour Cream Soup: Vegetable
21 French Toast Pork Loin, Mashed Sweet Potato, Mixed Vegetables, Roll Ranch Turkey Bacon Wrap, Broccoli Salad, Chips Soup: French Onion	22 Oats with Berries, Eggs Deconstructed Chicken Kabob, Greek Salad with Beets, Pita, Fresh Fruit Beef Hot Dog, Tater Tots, Fruit Salad Soup: Creamy Chicken Noodle	23 Breakfast Casserole Coconut Shrimp, Orange Chili Sauce, Wild Rice, Asparagus Italian Chicken, Egg Noodles, Peas & Carrots, Roll Soup: Chicken Tortilla	24 Avocado Toast, Eggs, Yogurt Boneless Pork Ribs, Baked Beans, Coleslaw Cornbread Sloppy Joe, Macaroni & Cheese, Vegetables Soup: Corn Chowder	25 Omelet Scramble Baked Ziti, Caesar Salad, Breadstick Baked Potato, Chili, Cheese, Sour Cream, Garden Salad Soup: Italian Wedding	26 Eggs Benedict Brisket, Loaded Baked Potato, Vegetables, Roll Pizza (Pepperoni or Hawaiian), Garden Salad, Jello Salad Soup: Clam Chowder	27 Danish, Eggs, Yogurt Teriyaki Chicken Thighs, Chow Mein, Egg Roll, Fortune Cookie Beef & Potato Casserole, Vegetables, Roll Soup: Minestrone
28 Eggs, Hashbrowns, Toast Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetables, Roll Chicken Cordon Bleu, Rice Pilaf, Carrots Soup: Cheesy Cauliflower	29 Muffin, Yogurt, Eggs Navajo Taco: Chili, Lettuce, Tomato, Cheese, Sour Cream Shredded Pork, Macaroni Salad, Fruit, Roll Soup: Lemon Chicken Orzo	30 Pancakes, Buttermilk Syrup Lasagna, Caesar Salad, Garlic Bread Krab Salad, Tomato, Lemon, Egg, Cracker Soup: Creamy Potato	<b>Memory Care Mealtimes</b> Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30	<b>Assisted Living Mealtimes</b> Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00	<b>Breakfast Alternatives</b> Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit	<b>Lunch/Dinner Alternatives:</b> Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich