

# ASHFORD MEAL CALENDAR

June

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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					1 Egg and Cheese Biscuit
		<b>Breakfast Alternatives</b> Eggs, Toast, French Toast, Eggo Waffles, Yogurt, Fruit, Bacon, Sausage, Oatmeal, Cereal: Frosted Flakes, Cheerios, Fruit Loops	<b>Lunch/Dinner Alternatives</b> Hamburger, Cheeseburger, Grilled Ham & Cheese, Grilled Cheese, Hotdog, Chicken Cheese Quesadilla, Cheese Quesadilla, Mac & Cheese	<b>Lunch/Dinner Alternatives</b> Campbells Tomato Soup, Chicken Noodle Soup, Baked Potato (1 hour notice), Chef's Salad, Cottage Cheese	<b>Deli Lunch/Dinner Alternatives</b> Turkey and Cheese, Ham and Cheese, Tuna Sandwich, Egg Salad Sandwich	Grilled Lemon Chicken Baked Potato Asparagus Meat Supreme Pizza Salad
						SOUP: Minestrone
2 Scrambled Eggs and Bacon	3 Blueberry Pancakes	4 Hot Cereal	5 French Breakfast Casserole	6 Cheesy Scrambled Eggs	7 Deluxe Waffle	8 Ham Egg and Cheese Casserole
Country Fried Steak with Gravy	<b>HAPPY BIRTHDAY JACK</b> Beef Pot Roast Baked Potato	Monterey Chicken with Mushrooms	Oven-Fried Cod	Seasoned Salisbury Steak	Sauteed Chicken Breast	Baked Beef Brisket
Fresh Mashed Potatoes		Penne Pasta	French Fries	Herb-Roasted Potatoes	Rice Pilaf	Southern Baked Beans
Capri Blend	Baked Potato	Roasted Carrots	Sauteed Spinach	Parmesan Green Beans	Herb-Roasted Vegetables	Corn on the Cob
Chicken Enchiladas	Cajun Shrimp Mac and Cheese	American Hamburgers	Grilled Sandiwch	Scalloped Ham and Potatoes	Taco Salad	Pepperoni Pizza
Refried Beans	Seasoned Broccoli	Corn Chips	Creamy Cucumber Salad	California Blend	Chips and Salsa	Garden Green Salad
SOUP: Homestyle Veggie	SOUP: Fresh Tomato	SOUP: Corn Chowder	SOUP: Vegetable Medley	SOUP: Cream of Broccoli	SOUP: Turkey Noodle	SOUP: Vegetable Macaroni
9 Sausage Potato Bake	10 Hot Cereal	11 French Toast	12 Homestyle Pancakes	13 Egg and Ham Scramble	14 Bacon and Egg Muffin	15 Belgian Waffle
Beef Taco	Asian Orange Chicken	<b>HAPPY BIRTHDAY WINSLOW</b> Filet Mignon Baked Yams	Baked Ham with Peach Sauce	Baked Drumsticks	Lemon Baked Fish	Classic Meatloaf
Spanish Rice	Vegetable Egg Roll		Classic Mashed Potatoes	Pasta Salad	Parsley Rice	Mashed Red Potatoes
Lettuce, Tomato and Onion	Stir Fry	Baked Yams	Baby Carrots	Coleslaw	Sreamed Broccoli	Sauteed Zucchini
Baked Potato Bar	Classic Stuffed Bell Peppers	Caesar Salad Wrap	Grilled Turkey Cheddar Sandwich	Skillet Beef and Potatoes	<b>ASHFORD LUAU</b> Hawaiian Style Dinner	Chicken Salad on Croissant
Garlic Green Beans	Cornbread Muffin	Tomato Cucumber Salad	French Fries	California Blend		Corn Chips
SOUP: Chicken Tortilla	SOUP: Beef Vegetable	SOUP: Cream of Tomato	SOUP: Cream of Potato	SOUP: Summer Tomato and Basil	SOUP: Butternut Squash	SOUP: Garden Vegetable
16 Cold Cereal	17 Sausage Scramble	18 Buttermilk Pancakes	19 Ham and Cheese Omelet	20 Brown Sugar French Toast	21 Breakfast Sausage Casserole	22 Deluxe Waffle
Beef Pot Roast	Homestyle Fried Chicken	Roasted Turkey	BBQ Chicken Thighs	California Chicken	<b>HAPPY BIRTHDAY LARAE</b> Hamburger Steak and Onions	Braised Beef Tips
Classic Mashed Potatoes	Classic Macaroni Salad	Herb Mashed Potatoes	Baked Potato	Long Grain Wild Rice		Cheesy Rice
Roasted Cauliflower	Mixed Vegetables	Cranberry Sauce	Grilled Asparagus	Peas and Carrots	Classic Mashed Potatoes	Buttered Zucchini
Ham Turkey Deli Sandwich	Bean and Cheese Burrito	Summer Cobb Salad	Crispy Fish Sandwich	Honey Mustard Deli Wrap	Classic Chicken Lasagna	Breadcrumb Chicken Tenders
Potato Chips	Chips and Salsa	Veggies with Ranch Dip	Corn Chips	Pickeled Beats	Caesar Salad	Waffle Fries
SOUP: Lentil and Vegetable	SOUP: Vegetable Rice	SOUP: Creamy Carrot	SOUP: Vegetable Medley	SOUP: Cream of Cauliflower	SOUP: Tomato Green Bean	SOUP: Minestrone
23 Breakfast Sausage Taquitos	24 Blueberry French Toast	25 Hot Cereal	26 Buttermilk Pancakes	27 Egg and Tomato Scramble	28 Strawberry Belgian Waffle	29 English Muffin Sandwich
<b>HAPPY BIRTHDAY BOB B.</b> Spaghetti and Meat Sauce California Blend	Chicken with Mango Salsa	Southwest Pepper Cube Steak	Herb-Crusted Turkey Cutlet	<b>HAPPY BIRTHDAY ROSS</b> Ranch Chicken Glazed Sweet Potatoes	Ham Roast	Classic Meatloaf
	Brown Rice	Baked Potato	Parsely Noodles		Creamy AuGratin Potatoes	Roasted Potato Medley
California Blend	Steamed Broccoli	Grean Bean Mushroom Medley	Mixed Veggies	Turkey Burger	Sauteed Spinach	Chef's Steamed Vegetables
Southern Ham and Beans	Cheese Tortellini	Chicken Pilaf Casserole	Tuna Salad Sandiwch	Tater Tots	Vegetable Quiche	Chef's Salad
Oven-Roasted Okra	Light Caesar Salad	Mixed Fruit Medley	Potato Chips		Watermelon	Mozzarella Garlic Bread
SOUP: Hearty Vegetable	SOUP: Cream of Potato	SOUP: Navy Bean	SOUP: Cream of Tomato	SOUP: Vegetable Medley	SOUP: Chicken and Dumpling	SOUP: Fresh Vegetable