

ASHFORD MEAL CALENDAR

June

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Memory Care Mealtimes</u></p> <p>Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30</p>	<p><u>Assisted Living Mealtimes</u></p> <p>Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00</p>	<p><u>Breakfast Alternatives</u></p> <p>Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit</p>	<p><u>Lunch/Dinner Alternatives:</u></p> <p>Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli or PB&J Sandwich</p>			<p>1 Bagel, Cream Cheese, Eggs Philly Steak Sandwich, Roasted Potatoes, Fruit Cup Asian Chicken Salad, Roll Soup: French Onion</p>
<p>2 Eggs Benedict Meatloaf, Mashed Potatoes, Gravy, Green Beans Lemon Honey Chicken, Wild Rice, Vegetables Soup: White Chicken Chili</p>	<p>3 Baked Oatmeal Beef Stew, Garden Salad, Cornbread Grilled Ham & Cheese, Red Potato Salad, Grapes Soup: Chicken & Wild Rice</p>	<p>4 Omelet Scramble Lasagna, Caesar Salad, Breadstick Pork Chops, Applesauce, Roasted Potatoes, Vegetables Soup: Chicken Tortilla</p>	<p>5 Pancakes & Buttermilk Syrup Cheezit Chicken, Mashed Potatoes, Steamed Vegetables Sweet & Sour Pork, Fried Rice, Egg Roll Soup: Creamy Chicken Noodle</p>	<p>6 Sausage, Egg, Cheese, Biscuit Open-Faced Beef Sandwich, Mashed Potatoes, Gravy, Glazed Carrots Chicken Supreme, Garden Salad, Roll Soup: Creamy Tomato</p>	<p>7 Berry Bake Parmesan Tilapia, Wild Rice, Mixed Vegetables Beef Stroganoff, Egg Noodles, Vegetables, Roll Soup: Clam Chowder</p>	<p>8 Danish, Eggs, Yogurt Burrito Bowl: Beef, Rice, Beans, Cheese, Sour Cream, Chips Ranch Chicken Sandwich, 5 Cup Salad, Chips Soup: Minestrone</p>
<p>9 Eggs, Toast, Hashbrowns Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetables, Roll Egg Salad Croissant, Broccoli Salad, Fruit Slices Soup: Italian Wedding</p>	<p>10 Oats with Mixed Berries Chicken-Fried Chicken, Mashed Potatoes, Gravy, Coleslaw, Biscuit Bacon Cheeseburger, Macaroni Salad, Chips Soup: Broccoli Cheese</p>	<p>11 Breakfast Casserole Breaded Shrimp, Cocktail Sauce, Vegetable Rice, Mixed Vegetables Shredded Beef, Cheesy Potatoes, Vegetables Soup: Creamy Potato</p>	<p>12 Avocado Toast, Yogurt, Eggs Sweet Pork Salad: Lettuce, Tomato, Cheese, Rice, Sour Cream, Chips Baked Ziti, Green Beans, Garlic Bread Soup: Corn Chowder</p>	<p>13 Biscuits & Gravy Grilled Chicken, Baked Yam, Spinach Salad Beef & Broccoli Bowl, Rice, Fruit Cup Soup: Vegetable</p>	<p>14 French Toast Baby Back Ribs, Baked Beans, Potato Salad, Cornbread Chicken Salad Sandwich, Pasta Salad, Chips Soup: Clam Chowder</p>	<p>15 Bagel, Cream Cheese, Eggs French Dip with Au Jus, Macaroni & Cheese, Fruit Slices Turkey Dressing Casserole, Cranberry Sauce, Vegetables Soup: French Onion</p>
<p>16 Eggs Benedict Father's Day Roast Beef, Gravy, Roasted Potatoes, Carrots, Roll Beef Hot Dog, Chili, Cheese, Chips Soup: White Chicken Chili</p>	<p>17 Baked Oatmeal Salisbury Steak, Mashed Potatoes, Gravy, Vegetables Beef & Cheddar Sandwich, Tomato & Cucumber Salad, Chips Soup: Chicken & Wild Rice</p>	<p>18 Omelet Scramble Pork Loin, Baked Yam, Mixed Vegetables Chicken Tetrzzini, Vegetables, Jello Soup: Chicken Tortilla</p>	<p>19 Pancakes & Buttermilk Syrup Turkey Cranberry Sandwich, Strawberry Spinach Salad, Jello Cup Beef & Potato Casserole, Vegetables, Roll Soup: Creamy Chicken Noodle</p>	<p>20 Sausage, Egg, Cheese Biscuit Brisket, Mashed Potatoes, Gravy, Mixed Vegetables Chicken Divan, Vegetables, Roll Soup: Creamy Tomato</p>	<p>21 Berry Bake Salmon, Rice Pilaf, Asparagus Turkey Bacon Ranch Wrap, Cabbage Ramen Salad Soup: Clam Chowder</p>	<p>22 Danish, Eggs, Yogurt Teriyaki Chicken, Chow Mein, Egg Roll. Fortune Cookie Baked Potato, Chili, Cheese, Sour Cream, Garden Salad Soup: Minestrone</p>
<p>23 Eggs, Toast, Hashbrowns Black Forrest Ham, Scalloped Potatoes, Mixed Vegetables Fish & Chips, Tartar Sauce, Coleslaw, Fruit Slices Soup: Italian Wedding</p>	<p>24 Oats with Mixed Berries Spaghetti with Meatsauce, Caesar Salad, Garlic Bread Grilled Ham & Cheese, 3 Bean Salad, Chips Soup: Broccoli Cheese</p>	<p>25 Breakfast Casserole Chicken Pot Pie, Garden Salad, Orange Slices Baked Tortellini, Vegetables, Rosemary Bread Soup: Creamy Potato</p>	<p>26 Avocado Toast, Yogurt, Eggs Navajo Taco: Chili, Cheese, Lettuce, Tomato, Sour Cream Chicken Cordon Bleu, Rice Pilaf, Carrots Soup: Corn Chowder</p>	<p>27 Biscuits & Gravy Shredded Pork with Teriyaki, Hawaiian Macaroni Salad, Fresh Fruit, Hawaiian Roll Sloppy Joe, Waldorf Salad, Chips Soup: Vegetable</p>	<p>28 French Toast Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans Pizza (Pepperoni or Ham), Garden Salad, Jello Soup: Clam Chowder</p>	<p>29 Bagel, Cream Cheese, Eggs Shepherd's Pie, Mixed Vegetables, Roll Chef's Salad: Ham, Cheese, Tomato, Onion, Bacon, Egg, Roll Soup: French Onion</p>