

# ASHFORD MEAL CALENDAR

July

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Fluffy Pancakes	1 Denver Omelet	2 French Toast	3 Sausage Country Gravy	4 Cold Cereal	5 Belgian Waffles	6 Egg and Cheese Biscuit
Roast Beef au Jus	Garlic Herb Pork Roast	Braised Beef and Broccoli	<b>HAPPY BIRTHDAY RETA</b>	<b>HAPPY 4TH OF JULY!</b>	Bread Crumb Pork Chop	Grilled Lemon Chicken
Fresh Mashed Potatoes and Gravy	Roasted Sweet Potatoes	Seasoned Rice	Homestyle Turkey	Spaghetti and Meat Sauce	Baked Sweet Potato	Baked Potato
Yellow Squash	Cauliflower and Carrots	Baked Roll	Mashed Potatoes	Glazed Baby Carrots	California Blend	Fresh Asparagus
Turkey Summer Pasta Salad	Steak and Cheese Sub	Grilled Chicken Strawberry Salad	Grilled Salmon	Turkey Pot Pie	Chicken Alfredo Bake	Meat Supreme Pizza
Marinated Tomatoes	Corn Chips	Mini Croissant Roll	Long Grain Wild Rice	Chef's Steamed Vegetables	Roasted Cauliflower	Lettuce Tomato Salad
SOUP: Baked Potato	SOUP: Creamy Zucchini	SOUP: Garden Tomato	SOUP: Cream of Vegetable	SOUP: Classic Chicken Noodle	SOUP: Lentil	SOUP: Classic Minestrone
7 Scrambled Egg and Bacon	8 Blueberry Pancakes	9 Hot Cereal	10 French Breakfast	11 Cheesy Scrambled Eggs	12 Deluxe Waffle	13 Ham Egg and Cheese Casserole
Country Fried Steak	Beef Pot Roast	Monterey Chicken with Mushrooms	Oven Fried Cod	Seasoned Salisbury Steak	Sauteed Chicken Breast	Baked Beef Brisket
Fresh Mashed Potatoes and Gravy	Baked Potato	Penne Pasta	French Fries	Herb Roasted Red Potatoes	Rice Pilaf	Southern Baked Beans
Capri Blend	Peas and Onions	Roasted Carrots	Sauteed Spinach	Parmesan Green Beans	Herb Roasted Vegetables	Corn on the Cob
Chicken Enchiladas	Cajun Shrimp Mac and Cheese	American Hamburgers	Grilled Sandwich	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 Vegetable	SOUP: Fresh Tomato	SOUP: Corn Chowder	SOUP: Vegetable Medley	SOUP: Cream of Broccoli	SOUP: Turkey Noodle	SOUP: Vegetable Macaroni
14 Biscuits and Gravy	15 Texas French Toast	16 Sausage Scramble	17 Cold Cereal	18 Perfect Pancakes	19 Cheese Omelet	20 Hot Cereal
Meatloaf	Parmesan Crusted Chicken	Brown Sugar Pork Chops	Pepper Steak	Rosemary Bacon Pork Roast	Baked Lemon Pepper Fish	<b>HAPPY BIRTHDAY KEN!</b>
Garlic Herb Mashed Potatoes	Angel Pasta	Fresh Cooked Yams	Parsley Rice	Potato Salad	Fried Potatoes and Onions	Spaghetti with Meat Sauce
Chef's Steamed Vegetables	Seasoned Broccoli	Steamed Cauliflower	Green Bean Carrot Blend	Harvard Beets	Garlic Spinach	Fresh Asparagus
Shrimp Tacos	Egg Salad Sandwich	Turkey Croissant Sandwich	Chicken Pot Pie	Club Sandwich	Hot Pastrami Sandwich	BBQ Chicken Sandiwch
Hawaiian Coleslaw	Tomato Cucumber Salad	Yellow Squash and Onions	Mixed Vegetables	Potato Chips	Pasta Salad	French Fries
SOUP: Homestyle Vegetable	SOUP: Cream of Potato	SOUP: Vegetable Medley	SOUP: Garden Tomato	SOUP: Cream of Broccoli	SOUP: Vegetable Macaroni	SOUP: Corn Chowder
21 Perfect Pancakes	22 Cold Cereal	23 Cheese Omelet	24 Brown Sugar French Toast	25 Hot Cereal	26 Banana Nut Muffin	27 Sausage Casserole
<b>HAPPY BIRTHDAY ROGER M &amp; RUSS</b>	Hawaiian Salmon	Homestyle BBQ Meatballs	Baked Drumsticks	Salisbury Steak and Gravy	Pork Chops with Sour Cream Sauce	Beef Tips Au Jus
Classic Baked Ham	Fried Rice	Homestyle Country Potatoes	Potato Salad	Parsley Noodles	Classic Mashed Potatoes	Baked Potato
Glazed Sweet Potatoes	Sauteed Carrots	Capri Blend	Oven Roasted Broccoli	Fresh Cooked Carrots	Sweet Green Beans	Corn
Open Face Hot Turkey Sandwich	Roast Beef Sandwich	Grilled Ham Swiss Tomato Sandwich	Meat and Potato Casserole	Turkey BLT Wrap	Taco Casserole	Chicken Tender and Fry Basket
Mixed Vegetables	Herb Roasted Vegetables	Corn Chips	California Blend	Chef's Steamed Vegetables	Fresh Cooked Zucchini	California Coleslaw
SOUP: Cream of Mushroom	SOUP: Fresh Tomato	SOUP: Garden Vegetable	SOUP: Minestrone	SOUP: Cream of Cauliflower	SOUP: Green Chile Stew	SOUP: Homestyle Bean Bacon
28 Scrambled Egg and Bacon	29 Texas French Toast	30 Biscuits and Gravy	31 Fried Egg			
Rosemary Pot Roast	<b>HAPPY BIRTHDAY JAN!</b>	Smothered Pork Chops	Hamburger Steak with Gravy	<b>Breakfast Alternatives</b>	<b>Lunch/Dinner Alternatives</b>	<b>Lunch/Dinner Alternatives</b>
AuGratin Potatoes	Seasoned Chicken Breast	Classic Mashed Potatoes	Garlic Roasted Potates	Eggs, Toast, French Toast,	Hamburger, Cheeseburger,	Campbells Tomato Soup,
Baby Carrots	Delicious Rice	Green Beans Almondine	Mixed Vegetables	Eggo Waffles, Yogurt, Fruit,	Grilled Ham & Cheese,	Chicken Noodle Soup,
Turkey Croissant Sandwich	French Dip Sandwich	Sweet and Sour Chicken	Tuna Bun Melt	Bacon, Sausage, Oatmeal,	Grilled Cheese, Hotdog,	Baked Potato (1 hour notice),
Roasted Asparagus	French Fries	Fried Rice	Potato Chips	Cereal: Frosted Flakes, Cheerios,	Chicken Cheese Quesadilla,	Chef's Salad, Cottage Cheese
SOUP: Sweet Potato Bisque	SOUP: Cream of Vegetable	SOUP: Vegetable Rice	SOUP: Tomato	Fruit Loops	Cheese Quesadilla, Mac & Cheese	
<b>Meal Times:</b>	<b>MC Breakfast 7:30-8:30</b>	<b>AL Breakfast 8:00-9:00</b>	<b>MC Lunch 11:30-12:30</b>	<b>AL Lunch 12:00-1:00</b>	<b>MC Dinner 4:30-5:30</b>	<b>AL Dinner 5:00-6:00</b>