

ASHFORD MEAL CALENDAR

July

2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|---|
| 30 Eggs Benedict Turkey Burger with Pineapple, Red Potato Salad, Jello Shrimp Scampi with Linguini, Vegetable, Garlic Bread Soup: White Chicken Chili | 1 Crepes with Mixed Berries BBQ Chicken Salad: Black Beans, Corn, Jack Cheese, Lettuce, Tomato, Tortilla Strips Beef & Potato Casserole, Vegetable, Jello Cup Soup: Creamy Chicken Noodle | 2 Biscuits & Gravy Beef Fajitas: Peppers, Onions, Lettuce, Tomato, Sour Cream, Salsa, Tortilla Asian Chicken Salad, Roll Soup: Vegetable Beef | 3 Muffin, Eggs, Yogurt Fourth Of July Picnic Hamburger or Hot Dog, Potato Salad, Fruit Slices Ham and Turkey Club Sandwich, Waldorf Salad, Chips Soup: Corn Chowder | 4 Egg, Toast, Hashbrowns Pretzel Crusted Chicken with Honey Mustard Dipping Sauce, Roasted Potatoes, Broccoli Shredded Beef, Cheesy Potato Casserole, Vegetable Soup: Creamy Tomato | 5 Eggs Benedict Parmesan Tilapia, Rice Pilaf, Squash Medley Pork Roast, Peas, Mashed Sweet Potatoes Soup: Clam Chowder | 6 Bagel, Cream Cheese, Eggs Salisbury Steak, Mashed Potatoes, Gravy Vegetable Orange Chicken, Chow Mein, Egg Roll Soup: Italian Wedding |
| 7 Danish, Eggs, Yogurt Roast Beef, Mashed Potatoes, Gravy, Sauteed Carrots Tuna Sandwich, 3 Bean Salad, Fruit Slices Soup: Minestrone | 8 Oats with Mixed Berries Beef & Broccoli Bowl, Egg Roll, Fruit Slices Italian Chicken, Egg Noodles, Vegetable, Roll Soup: Lemon Chicken Orzo | 9 Breakfast Casserole Open-Faced Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable Beef Stew, Garden Salad, Cornbread Soup: Potato Cheese | 10 Pancakes & Buttermilk Syrup White Chicken Enchiladas, Sauteed Carrots, Wild Rice BBQ Pork Sandwich, Coleslaw, Watermelon Soup: Navy Bean with Ham | 11 Ham Egg & Cheese Croissant Rotisserie Chicken, Loaded Baked Potato, Mixed Vegetables Hawaiian Meatballs with Rice, Vegetable Soup: Vegetable | 12 Omelet Scramble French Dip with Au Jus, Broccoli Salad, Jello Cup Lemon Honey Chicken, Roasted Potatoes, Vegetable Soup: Clam Chowder | 13 Breakfast Quiche Chicken Parmesan, Pasta, Mixed Vegetables, Breadstick Ranch Turkey Bacon Wrap, Cabbage Ramen Salad Soup: Chicken Pazole |
| 14 French Toast Meatloaf, Mashed Potatoes, Gravy, Green Beans Fish & Chips, Tartar Sauce, Coleslaw Soup: French Onion | 15 Crepes with Mixed Berries Spaghetti with Meatsauce, Caesar Salad, Garlic Bread Cheeseburger, Sweet Potato Fries, Pickle Wedge Soup: Creamy Chicken Noodle | 16 Biscuits & Gravy Baby Back Ribs, Potato Salad, Fruit Slices, Cornbread Baked Potato, Chili, Cheese, Garden Salad, Soup: Vegetable Beef | 17 Danish, Eggs, Yogurt Pineapple & Pepper Chicken, Rice, Egg Roll, Fortune Cookie Kielbasa Pasta Bake, Mixed Vegetables, Jello Cup Soup: Corn Chowder | 18 Egg, Toast, Hashbrown Brisket, Mashed Potatoes, Gravy, Mixed Vegetables Chicken Tenders & Honey Mustard, Mac & Cheese, Fruit Cup Soup: Creamy Tomato | 19 Eggs Benedict Coconut Shrimp, Orange Chili Sauce, Wild Rice, Vegetable Turkey Dressing Casserole, Cranberry Sauce, Vegetable, Roll Soup: Clam Chowder | 20 Bagel, Cream Cheese, Eggs Taco Salad: Chips, Beef, Lettuce, Tomato, Cheese, Sour Cream, Salsa BBQ Chicken, Corn, Red Potato Salad Soup: Italian Wedding |
| 21 Danish, Eggs, Yogurt Black Forrest Ham, Cheesy Potato Casserole, Mixed Vegetables Egg Salad Croissant, Pasta Salad, Chips Soup: Minestrone | 22 Oats with Mixed Berries Teriyaki Chicken, Fried Rice, Green Beans, Egg Roll Ham & Potato Casserole, Vegetable, Roll Soup: Lemon Chicken Orzo | 23 Breakfast Casserole Stuffed Bell Pepper, Loaded Baked Potato, Mixed Vegetables Krab Salad, Lettuce, Tomato, Egg, Lemon, Cracker Soup: Potato Cheese | 24 Pancakes & Buttermilk Syrup Turkey Cranberry Sandwich, Strawberry Spinach Salad, Vegetable Cup with Ranch Chicken Tetrzzini, Mixed Vegetables, French Bread Soup: Navy Bean with Ham | 25 Ham Egg & Cheese Croissant Shredded Pork, Hawaiian Roll, Hawaiian Macaroni Salad, Fruit Slices Sloppy Joe with Bun, 5 Cup Salad, Chips Soup: Vegetable | 26 Omelet Scramble Lasagna, Caesar Salad, Breadstick Pizza (Pepperoni or Ham), Garden Salad, Jello Salad Soup: Clam Chowder | 27 Breakfast Quiche Pork Loin, Baked Yam, Vegetable Beef Stroganoff, Egg Noodles, Vegetables, Roll Soup: Chicken Pazole |
| 28 French Toast Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable Chef's Salad: Ham, Cheese, Tomato, Onion, Bacon, Egg, Roll Soup: French Onion | 29 Crepes with Mixed Berries Fried Chicken, Mashed Potatoes, Gravy, Coleslaw, Cornbread Swedish Meatballs, Egg Noodles, Vegetables Soup: Creamy Chicken Noodle | 30 Biscuits & Gravy Salmon, Wild Rice, Asparagus Grilled Ham & Cheese, Jello, Chips Soup: Vegetable Beef | 31 Muffin, Eggs, Yogurt Navajo Taco: Chili, Lettuce, Tomato, Cheese, Sour Cream Chicken Cordon Bleu, Wild Rice, Carrots Soup: Corn Chowder | 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, or PB&J Sandwich |