

ASHFORD MEAL CALENDAR

November

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Perfect Pancakes	2 Sausage Casserole
	Breakfast Alternatives Eggs, Toast, French Toast, Eggo Waffles, Yogurt, Fruit, Bacon, Sausage, Oatmeal, Cereal: Frosted Flakes, Cheerios, Fruit Loops	Lunch/Dinner Alternatives Hamburger, Cheeseburger, Grilled Ham & Cheese, Grilled Cheese, Hotdog, Chicken Cheese Quesadilla, Cheese Quesadilla, Mac & Cheese	Lunch/Dinner Alternatives Campbells Tomato Soup, Chicken Noodle Soup, Baked Potato (1 hour notice), Chef's Salad, Cottage Cheese	Deli Lunch/Dinner Alternatives Turkey and Cheese, Ham and Cheese, Tuna Sandwich, Egg Salad Sandwich	Happy Birthday Cheryl! Sirloin Steak Steak Fries Meat Lover's Pizza Light Ceasar Salad SOUP: Pasta Fagioli	Turkey Roast with Stuffing Fresh Mashed Potatoes Chef's Steamed Vegetable Chicken Patty Sandwich French Fries SOUP: Cream of Vegetable
3 Country Gravy and Biscuits Happy Brithday Joan! Beef Roast with Gravy Classic Mashed Potatoes Grilled Ham and Cheese Corn Chips SOUP: Beet Bisque	4 Cheese Omelet Happy Birthday Dellane! Country Fried Shrimp Garlic Parmesan Rice Ranch Burger French Fries SOUP: Garden Vegetable	5 Spanish Omelete Swedish Meatballs Noodles Mixed Vegetables Cranberry Apple Chicken Salad Chef's Steamed Vegetable SOUP: Tomato Florentine	6 Ham and Egg Casserole Marinated Chicken Roasted Sweet Potatoes Green Beans Baked Ziti Lettuce Tomato Salad SOUP: Fresh Vegetable	7 Bagel and Cream Cheese Beef Patty with Mushroom Sauce Baked Potato Lemon Glazed Carrots Turkey Club Sandwich Pasta Salad SOUP: Butternut Squash	8 Cinnamon Belgian Waffles Slow Cooked Pork Chops Fried Potatoes and Onions Normandy Blend Beef Enchilada Casserole Refried Beans SOUP: Vegetable Medley	9 Bacon Egg Muffin Beef Burgundy Mashed Red Potatoes California Blend Crispy Chicken Strips Tater Tots SOUP: Minestrone
10 Fluffy Pancakes Glazed Salmon AuGratin Potatoes Maple Roasted Carrots Monterrey Ham Hoagie Potato Chips SOUP: Cream of Cauliflower	11 Egg and Ham Scramble Buttermilk Baked Chicken Herb Mashed Potatoes Seasoned Cabbage Homestyle Sloppy Joes Potato Salad SOUP: Potato Spinach	12 Country Gravy and Biscuits Beef Cube Steaks Parsley Potatoes Mixed Vegetables Chicken Parmesan Dish Chef's Steamed Vegetable SOUP: Italian Vegetable	13 French Texas Toast Bake Spaghetti and Meat Sauce Seasoned Zucchini Baked Roll Crab Salad Croissant Zesty Cucumber Salad SOUP: Fresh Tomato	14 Fried Egg Oven Roasted Pork Loin Homestyle Stuffing Steamed Broccoli Classic Beef Stroganoff Carrot Green Bean Blend SOUP: Homestyle Vegetable	15 Bananas Foster Oatmeal Breaded Fish Fillet Seasoned Fried Potatoes Chef's Steamed Vegetable Classic Lasagna Garden Blend SOUP: Greek Lentil with Lemon	16 Egg Sausage Croissant Mozzarella Meatloaf Herb Roasted Potatoes Seasoned Peas Baked Potato Bar California Blend SOUP: Vegetable Barley
17 Denver Omelet Beef Pot Roast Classic Mashed Potatoes Seasoned Broccoli Grilled Cheese Sandwich Potato Chips SOUP: Fresh Tomato	18 Bacon and Egg Casserole Quiche Florentine Candied Yams Fresh Cooked Carrots Classic French Dip Sandwich French Fries SOUP: Garden Vegetable	19 Brown Sugar French Toast Salisbury Steak Herb Mashed Potatoes Chef's Steamed Vegetables Crispy BBQ Chicken Salad Veggies in Salad SOUP: Navy Bean	20 Blueberry Pancakes Breaded Shrimp with Cocktail Sauce Basmati Rice Classic Meatloaf Fresh Mashed Potatoes SOUP: Classic Minestrone	21 Cheesy Scrambled Eggs Parmesan Crusted Chicken AuGratin Potatoes Braised Red Cabbage Turkey and Swiss Club Pasta Salad SOUP: Vegetable Rice Soup	22 English Muffin Sandwich Baked Salmon with Basil Cream Rice Orzo Pilaf Oven Roasted Broccoli Ham and Cheese Sliders Classic Macaroni Salad SOUP: Cream of Celery	23 Deluxe Waffle Garlic Broiled Chicken Breast Red Potatoes Corn Pepperoni Pizza Fresh Cooked Zucchini SOUP: Vegetable Macaroni
24 Hash Browns and Bacon Tangy Pork Roast Baked Yams Beets Roasted Chicken and Red Potatoes Brussels Sprouts SOUP: Cream of Broccoli	25 Belgian Waffle Chicken Fried Steak and Gravy Classic Mashed Potatoes Baby Carrots Baked Crab Macaroni and Cheese Lemon Pepper Green Beans SOUP: Homestyle Vegetable	26 Breakfast Burrito Creamy Dill Chicken Rice Yellow Squash and Onions Turkey Provolone Melt Watermelon SOUP: Basil Tomato	27 Cinnamon French Toast Sour Cream Cheddar Baked Fish Roasted Potato Medley Seasoned Broccoli Italian Sub Sandwich French Fries SOUP: Corn Chowder	28 Breakfast Sausage Casserole Smothered Cube Steak Baked Potato Peas and Carrots Ham and Beans Roasted Cauliflower SOUP: Cream of Cauliflower	29 Blueberry Pancakes Grilled Shrimp Long Grain Wild Rice Pilaf California Blend Taco Salad Tortilla Chips and Salsa SOUP: Vegetable Medley	30 Creamy Oatmeal Braised Beef Brisket Baked Sweet Potato Southern Green Beans All Beef Hot Dog Fresh Fruit SOUP: Creamed Spinach
Meal Times:	MC Breakfast 7:30-8:30	AL Breakfast 8:00-9:00	MC Lunch 11:30-12:30	AL Lunch 12:00-1:00	MC Dinner 4:30-5:30	AL Dinner 5:00-6:00