

# ASHFORD MEAL CALENDAR

October

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Cheese Omelet	2 Brown Sugar Frenchh Toast	3 Hot Cereal	4 Bananna Nut Muffin	5 Sausage Casserole
<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	Homestyle BBQ Meatballs	Baked Drumsticks	Salisbury Steak and Gravy	Cheddar Crusted Fish	Beef Tips Au Jus
		Homestyle Country Potatoes	Potato Salad	Parsley Noodles	Classic Mashed Potatoes	Baked Potato
		Capri Blend	Oven Roasted Broccoli	Fresh Cooked Carrots	Sweet Green Beans	Corn
		Grilled Ham and Swiss	Meat and Potato Casserole	Turkey BLT Wrap	Taco Cassarole	Chicken Tender and Fry Basket
		Corn Chips	California Blend	Vegetable Pasta Salad	Fresh Cooked Zucchini	California Coleslaw
		<b>SOUP: Garden Vegetable</b>	<b>SOUP: Minstrone</b>	<b>SOUP: Cream of Cauliflower</b>	<b>SOUP: Green Chile Stew</b>	<b>SOUP: Homestyle Bean Bacon</b>
6 Scrambled Egg and Bacon	7 Texas French Toast	8 Egg of Choice and Bacon	9 Fried Egg	10 Homestyle Pancakes	11 Ham and Cheese Omelet	12 Cold Cereal
<b>HAPPY BIRTHDAY FREDDIE</b> Rosemary Pot Roast AuGratin Potatoes Chicken Tacos Corn SOUP: Sweet Potato Bisque	Seasoned Chicken Breast Delicious Rice Butternut Squash French Dip Sandwich French Fries SOUP: Cream of Vegatable	<b>HAPPY BIRTHDAY VERA AND GENEVA</b> Chicken Pot Pie Broccoli and Cauliflower Sweet and Sour Pork Fried Rice and Veggie Egg Roll SOUP: Vegatable Rice	Hamburger Steak and Gravy Garlic Roast Potatoes Mixed Vegetables Tuna Bun Melt Potato Chips SOUP: Tomato Soup	Oven Roasted Pork Seewt Baked Potato Yellow Squash Turkey Avacado Wrap Garden Pasta Salad SOUP: Creamy Carrot	Tilapia with Savory Herb Butter Lemon Rice Steamed Broccoli Italian Chicken Salad Corn Chips SOUP: Fresh Vegetable	<b>HAPPY BIRTHDAY REID</b> Cheese Enchilada Refried Beans and Spanish Rice Chef Salad Fresh Corn Bread SOUP: Vegetarian Chili
13 Denver Omelet	14 Bacon and Egg Casserole	15 Brown Sugar French Toast	16 Blueberry Pancakes	17 Cheesy Scrambled Eggs	18 English Muffin Sandwich	19 Deluxe Waffle
Beef Pot Roast Classic Mashed Potatoes Seasoned Broccoli Grilled Cheese Sandwich Potato Chips SOUP: Fresh Tomato	Quiche Florentine Candied Yams Fresh Cooked Carrots Classic French Dip Sandwich French Fries SOUP: Garden Vegetable	Salisbury Steak Herb Mashed Potatoes Chef's Steamed Vegetable Crispy BBQ Chicken Salad Fresh Cornbread SOUP: Navy Bean	<b>HAPPY BIRTHDAY TONY AND THELMA</b> Breaded Shrimp Cocktail Basmati Rice Classic Meatloaf Fresh Mased Potatoes SOUP:Classic Minestrone	Parmesan Crusted Chicken AuGratin Potatoes Braised Red Cabbage Turkey and Swiss Club Pasta Salad SOUP: Vegetable Rice	Baked Salmon with Basil Cream Sauce Rice Orzo Pilaf Oven Roasted Broccoli Ham and Cheese Sliders Classic Macaroni Salad SOUP: Cream of Celery	Garlic Broiled Chicken Breast Red Potatoes Corn Peperoni Pizza Crusty Garlic Bread SOUP: Vegetable Macaroni
20 Baked Hash Browns & Bacon	21 Belgian Waffle	22 Breakfast Burrito	23 Cinnamon French Toast	24 Breakfast Sausage Cassarole	25 Blueberry Pancakes	26 Creamy Oatmeal
Tangy Pork Roast Baked Yams Beets Roasted Chicken and Red Potatoes Chef Salad SOUP: Cream of Broccoli	Chicken Fried Steak and Gravy Classic Mashed Potatoes Baby Carrots Baked Crab Macaroni and Cheese Lemon Pepper Green Beans SOUP: Homestyle Vegetable	Creamy Dill Chicken Rice Yellow Squash and Onions Turkey Provolone Melt Watermelon SOUP: Basil Tomato	Sour Cream Ceddar Baked Fish Roasted Potato Medley French Fries Italian Sub Sandwich French Fries SOUP: Corn Chowder	Smothered Cube Steak Baked Potato Peas and Carrots Ham and Beans Roasted Cauliflower SOUP: Cream of Cauliflower	Grilled Shrimp Long Grain Wild Rice Pilaf California Blend Taco Salad Tortilla Chips and Salsa SOUP: Vegetable Medley	Braised Beef Brisket Baked Sweet Potato Southern Green Beans All Beef Hot Dog Fresh Fruit SOUP: Creamed Spinach
27 Oatmeal Raisin Muffin	28 Ham Egg Muffin	29 Texas French Toast	30 Fried Egg	31 Potato Omelet Bake		
Meatloaf Garlic Roasted Potatoes Herb Sauteed Vegetables Shredded Pork Sandwich Pickled Beets and Onions SOUP: Fresh Vegatable	Baked Lemon Pepper Salmon Seasoned Rice Whole Green Beans Baked Potato With Chili Green Salad SOUP: Cream of Mushroom	Rosmary Roasted Turkey Homestyle Stuffing Backed Squash Grilled Mozzarella Tomato Sandwich Tater Tots SOUP: Italian Vegatable	Classic Salisbury Steak and Gravy Sour Cream Potatoes Country Trio Medley Fish and Chips Southern Coleslaw SOUP: Homestyle Bean Bacon	Asian Orange Chicken Fried Rice Stir-Fry Vegetables Hero Sandwich Potato Chips SOUP: Garden Tomato	<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
<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>