

ASHFORD MEAL CALENDAR

November

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Memory Care Mealtimes Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30	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's Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich		1 Breakfast Quiche	2 Biscuits & Gravy
					Bacon Cheeseburger: Lettuce, Tomato, Onion, Pickle Red Potato Salad	Chicken Pot Pie, Garden Salad, Orange Slices
					Kielbasa Sausage Bake, Vegetable, Roll	Shrimp Scampi with Linguini, Vegetable, Garlic Bread
					Soup: Clam Chowder	Soup: White Chicken Chili
3 Berry Bake	4 Sausage Egg Cheese Biscuit	5 French Toast	6 Avocado Toast, Eggs, Yogurt	7 Oats with Mixed Berries	8 Omelet Scramble	9 Eggs, Toast, Hashbrowns
Meatloaf, Mashed Potatoes, Gravy, Green Beans	Beef Stir Fry: Peppers, Onions, Broccoli & Carrots over Rice, Chicken Wontons	Shepherd's Pie, Mixed Vegetables, Roll	Southwest Chicken Pocket, Black Bean Salsa, Rice, Sauteed Carrots	McRib Sandwich, Macaroni & Cheese, Coleslaw	Parmesan Tilapia, Rice Pilaf, Vegetable	BBQ Chicken, Scalloped Potatoes, Corn, Roll
Baked Potato, Chili, Cheese, Sour Cream, Garden Salad	Ham & Potato Casserole, Vegetables, Roll	Reuben Sandwich, Macaroni Salad, Chips	Shredded Beef, Cheesy Potatoes, Vegetable	Chicken Divan Casserole, Garden Salad, Roll	Swedish Meatballs, Egg Noodles, Vegetable	Grilled Ham & Cheese, 3 Bean Salad, Chips
Soup: French Onion	Soup: Broccoli Cheese	Soup: Creamy Tomato	Soup: Corn Chowder	Soup: Vegetable	Soup: Clam Chowder	Soup: Minestrone
10 Danish, Eggs, Yogurt	11 Eggs, Toast, Cott Cheese, Fruit	12 Eggs Benedict	13 Pancakes & Buttermilk Syrup	14 Ham Egg Cheese Croissant	15 Breakfast Quiche	16 Biscuits & Gravy
Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable	Stuffed Bell Pepper Casserole, Loaded Baked Potato, Steamed Vegetable	Fried Chicken, Mashed Potatoes, Gravy, Coleslaw, Biscuit	Taco Salad: Chips, Beef, Lettuce, Tomato, Cheese, Sour Cream, Salsa	Rotisserie Chicken, Cheesy Potato Casserole, Steamed Vegetable	Breaded Shrimp, Cocktail Sauce, Rice, Vegetable	Lasagna, Caesar Salad, Breadstick
Ranch Chicken Sandwich, Sweet Potato Fries, Fruit Cup	Lemon Chicken, Rice Pilaf, Vegetable, Roll	Italian Slider: Pepperoni, Salami, Ham & Cheese, Tortellini Salad	Sweet & Sour Pork, Chow Mein, Egg Roll	Chili Cheese Hot Dog, Tater Tots	Turkey Dressing Casserole, Cranberry Sauce, Vegetable, Roll	Chicken Salad Sandwich, Broccoli Salad, Chips
Soup: Chicken Noodle	Soup: Italian Wedding	Soup: Creamy Potato	Soup: Chicken & Wild Rice	Soup: Butternut Squash	Soup: Clam Chowder	Soup: White Chicken Chili
17 Berry Bake	18 Sausage Egg Cheese Biscuit	19 French Toast	20 Avocado Toast, Eggs, Yogurt	21 Oats with Mixed Berries	22 Omelet Scramble	23 Eggs, Toast, Hashbrowns
Roast Beef, Roasted Potatoes & Carrots, Vegetable	Turkey Bacon Avocado Sandwich, Strawberry Spinach Salad, Chips	Beef Enchilada, Rice, Beans, Sour Cream, Chips & Salsa	Navajo Taco: Chili, Cheese, Lettuce, Tomato, Sour Cream	Pineapple & Pepper Chicken, Rice, Egg Roll, Fortune Cookie	Salmon, Wild Rice, Asparagus	Spaghetti with Meatsauce, Caesar Salad, Garlic Bread
Apricot Chicken, Wild Rice, Vegetables	Chicken Tetrizzini, Steamed Vegetable, Roll	Chef's Salad: Ham, Bacon, Egg, Tomato, Onion, & Cheese, Roll	Pulled Pork, Hawaiian Roll, Hawaiian Macaroni Salad	Sloppy Joe, French Fries, 5 Cup Salad	Ranch Turkey Bacon Wrap, Potato Salad, Fruit Slices	Chicken Cordon Bleu, Wild Rice, Vegetable
Soup: French Onion	Soup: Broccoli Cheese	Soup: Creamy Tomato	Soup: Corn Chowder	Soup: Vegetable	Soup: Clam Chowder	Soup: Minestrone
24 Danish, Eggs, Yogurt	25 Eggs, Toast, Cott Cheese, Fruit	26 Eggs Benedict	27 Pancakes & Buttermilk Syrup	28 Ham Egg Cheese Croissant	29 Breakfast Quiche	30 Biscuits & Gravy
Black Forrest Ham, Scalloped Potatoes, Mixed Vegetable	Teriyaki Chicken, Fried Rice, Egg Roll, Fortune Cookie	Coconut Shrimp, Orange Chili Sauce, Wild Rice, Mixed Vegetables	French Dip with Au Jus, Potato Salad, Jello	Thanksgiving Turkey, Mashed Potatoes, Gravy, Stuffing, Vegetable, Roll	Pork Loin, Baked Yam, Vegetable	Brisket, Loaded Baked Potato Vegetable, Roll
Fish & Chips, Tartar Sauce, Coleslaw	Egg Salad Sandwich, Waldorf Salad, Chips	Beef & Potato Casserole, Vegetables, Roll	Chicken Supreme, Vegetable, Roll	Beef Stew, Garden Salad, Cornbread	Pizza (Pepperoni or Hawaiian), Garden Salad, Jello Salad	Tuna Melt, Cabbage Ramen Salad
Soup: Chicken Noodle	Soup: Italian Wedding	Soup: Creamy Potato	Soup: Chicken & Wild Rice	Soup: Butternut Squash	Soup: Clam Chowder	Soup: White Chicken Chili