

# ASHFORD MEAL CALENDAR

October

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Memory Care Mealtimes</b> Breakfast: 7:30-8:30 Lunch: 11:30-12:30 Dinner: 4:30-5:30	<b>Assisted Living Mealtimes</b> Breakfast: 8:00-9:00 Lunch: 12:00-1:00 Dinner: 5:00-6:00	1 Omelet Scramble	2 Muffin, Yogurt, Eggs	3 Ham, Egg, Cheese Croissant	4 Breakfast Burrito	5 Bagel & Cream Cheese, Eggs
		Prime Rib, Horseradish, Baked Potato, Vegetable, French Bread	Honey Dijon Chicken, Wild Rice, Mixed Vegetable, Roll	Philly Cheesesteak Sandwich, Cheesy Potato Casserole, Fruit Slice	Parmesan Tilapia, Wild Rice, Steamed Vegetable	Chicken Alfredo Pasta, Steamed Vegetable, Garlic Bread
		Pancakes, Eggs, Bacon, Sausage, Fruit Slice	BBQ Pulled Pork Sandwich with Pineapple, Coleslaw, & Fries	Chicken Supreme, Vegetable, Roll	Egg Salad Croissant, Tomato & Cucumber Salad, Fritos	Shepherd's Pie, Vegetable, Roll
		Soup: Butternut Squash	Soup: Pasta Fagioli	Soup: Creamy Tomato	Soup: Clam Chowder	Soup: Creamy Chicken Noodle
6 Biscuits & Gravy	7 Oats with Mixed Berries	8 Breakfast Quiche	9 Pancakes & Buttermilk Syrup	10 Scram. w/ Ch., Hash. Patty	11 Berry Bake	12 Danish, Egg, Yogurt
Meatloaf	BBQ Chicken Salad: Lettuce, Tomato, Black Beans, Corn, Jack Cheese, Tortilla Strips, Roll	Open Faced Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable	Chicken Flautas, Beans, Rice, Guacamole, Chips, Salsa	Pineapple & Pepper Chicken, Rice, Egg Roll, Fortune Cookie	Breaded Shrimp, Cocktail Sauce, Vegetable Wild Rice	Salisbury Steak, Mashed Potatoes, Gravy, Vegetable
Tuna Melt, Pasta Salad, Grapes	Baked Potato, Chili, Cheese, Sour Cream, Garden Salad	Grilled Ham & Cheese, Waldorf Salad, Veggie Cup	Baked Ziti, Mixed Vegetable, Breadstick	Beef Hot Dog with Bun, Broccoli Salad, Chips	Italian Chicken, Roasted Potatoes, Vegetable, Roll	Ranch Chicken Sandwich, 5 Cup Salad, Chips
Soup: Broccoli Cheese	Soup: Navy Bean & Ham	Soup: Potato Cheese	Soup: Chicken & Wild Rice	Soup: Vegetable	Soup: Clam Chowder	Soup: Italian Wedding
13 Eggs, Toast, Hashbrowns	14 French Toast	15 Omelet Scramble	16 Muffin, Yogurt, Eggs	17 Ham, Egg, Cheese Croissant	18 Breakfast Burrito	19 Bagel & Cream Cheese, Eggs
Roast Beef, Roasted Potatoes & Carrots, Gravy, Roll	Burrito Bowl: Beef, Rice, Beans, Cheese, Sour Cream, Guacamole, Chips & Salsa	Pork Loin, Baked Yam, Mixed Vegetable	Cheezit Chicken, Mashed Potatoes, Gravy, Steamed Vegetable	Shredded Pork, Hawaiian Roll, Hawaiian Macaroni Salad, Fruit Slice	Salmon, Wild Rice, Asparagus	Chicken Pot Pie, Garden Salad, Fruit Slice
Egg Salad Croissant, 3 Bean Salad, Fruit Cup	Asian Chicken Salad, Roll	Turkey Dressing Casserole, Cranberry Sauce, Veggie, Roll	BBQ Beef Sandwich, Cabbage Ramen Salad, Chips	Orange Chicken, Fried Rice, Egg Roll	Chicken Tetrzzini, Vegetable, Rosemary Bread	Krab Salad: Lettuce, Tomato, Lemon, Egg, Cracker
Soup: Minestrone	Soup: White Chicken Chili	Soup: Butternut Squash	Soup: Pasta Fagioli	Soup: Creamy Tomato	Soup: Clam Chowder	Soup: Creamy Chicken Noodle
20 Biscuits & Gravy	21 Oats with Mixed Berries	22 Breakfast Quiche	23 Pancakes & Buttermilk Syrup	24 Scram. w/ Ch., Hash. Patty	25 Berry Bake	26 Danish, Egg, Yogurt
Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable	Spaghetti with Meatsauce, Caesar Salad, Breadstick	Coconut Shrimp, Orange Chili Sauce, Wild Rice, Green Beans	Turkey Cranberry Sandwich, Strawberry Spinach Salad, Chips	Rotisserie Chicken, Baked Yam, Steamed Vegetable	Baby Back Ribs, Baked Beans, Coleslaw, Cornbread	Teriyaki Chicken, Rice, Roasted Vegetables, Egg Roll
Chicken Cordon Bleu, Wild Rice, Vegetable	Beef Stew, Garden Salad, Cornbread	Ranch Turkey Bacon Wrap, Red Potato Salad, Jello	Beef Stir Fry: Broccoli, Pepper, Onion, Carrot on Rice	Sloppy Joe, Tater Tots, Vegetable	Pizza( Pepperoni or Hawaiian) Garden Salad, Jello Salad	Beef Stroganoff, Egg Noodles, Vegetable, Roll
Soup: Broccoli Cheese	Soup: Navy Bean & Ham	Soup: Potato Cheese	Soup: Chicken & Wild Rice	Soup: Vegetable	Soup: Clam Chowder	Soup: Italian Wedding
27 Eggs, Toast, Hashbrowns	28 French Toast	29 Omelet Scramble	30 Muffin, Yogurt, Eggs	31 Ham, Egg, Cheese Croissant	<b>Breakfast Alternatives</b> Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit	<b>Lunch/Dinner Alternatives:</b> Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich
Black Forrest Ham, Cheesy Potatoes, Green Beans	Beef Taco: Crunchy or Soft Ground Beef, Lettuce, Tomato, Cheese, Sour Cream, Rice, Beans	Chicken Fried Chicken, Mashed Potatoes, Gravy, Corn, Coleslaw, Biscuit	Navajo Taco: Chili, Lettuce, Tomato, Cheese, Sour Cream	<b>Halloween</b> Brisket, Loaded Baked Potato, Vegetable		
Fish & Chips, Tartar Sauce, Coleslaw	Ground Pork, Peppers, Onions, Pineapple, Rice, Roll	Chef Salad: Lettuce, Tomato, Egg, Cheese, Ham, Bacon, Onion, Roll	French Dip with Au Jus, Mac & Cheese, Vegetable	Goulash, Garden Salad, Cornbread		
Soup: Minestrone	Soup: White Chicken Chili	Soup: Butternut Squash	Soup: Pasta Fagioli	Soup: Creamy Tomato		