

ASHFORD MEAL CALENDAR

January

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deli Lunch/Dinner Alternatives Turkey and Cheese, Ham and Cheese, Tuna Sandwich, Egg Salad Sandwich	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	1 Cinnamon French Toast	2 Country Gravy and Biscuits	3 Blueberry Pancakes	4 Creamy Oatmeal
			Braised Beef Roast Baked Potato Boiled Cabbage	Roasted Turkey Classic Mashed Potatoes Cranberry Sauce	Grilled Shrimp Long Grain Wild Rice Pilaf California Blend	Braised Beef Brisket Baked Sweet Potato Southern Green Beans
			Italian Sub Sandwich French Fries	Chef Salad Breadsticks	Taco Salad Tortilla Chips and Salsa	All Beef Hot Dog Fresh Fruit
			SOUP: Corn Chowder	SOUP: Cream of Cauliflower	SOUP: Vegetable Medley	SOUP: Creamed Spinach
5 Oatmeal Raisin Muffin	6 Ham Egg Muffin Sandwich	7 Texas French Toast	8 Fried Egg and Sausage	9 Potato Omelet Bake	10 Perfect Pancakes	11 Sausage Casserole
Garlic Roasted Potatoes Herb Sautéed Vegetables Baked Roll	Baked Lemon Pepper Salmon Seasoned Rice Whole Green Beans	Roastmary Roasted Turkey Homestyle Stuffing Baked Squash	Classic Salisbury Steak and Gravy Sour Cream Potatoes Country Trio Medley	Asian Orange Chicken Fried Rice Stir-Fry Vegetables	Sirloin Steak Steak Fries California Blend	Turkey Roast with Stuffing Fresh Mashed Potatoes Chef's Steamed Vegetable
Shredded Pork Sandwich Pickled Beets and Onions	Baked Potato with Chili Green Salad	Grilled Mozzarella Tomato Sandwich and Tater Tots	Fish and Chips Southern Coleslaw	Hero Sandwich Potato Chips	Meat Lover's Pizza Light Caesar Salad	Chicken Tacos Refried Beans
SOUP: Fresh Vegetable	SOUP: Cream of Mushroom	SOUP: Italian Vegetable	SOUP: Homestyle Bean Bacon	SOUP: Garden Tomato	SOUP: Pasta Fagioli	SOUP: Cream of Vegetable
12 Homestyle Pancakes	13 Cold Cereal	14 Scrambled Egg	15 Cinnamon French Toast	16 Hot Cereal	17 Denver Omelet	18 Deluxe Waffle
Glazed Baked Ham Roasted Sweet Potatoes Skillet Cabbage	Louisiana Chicken Baked Macaroni and Cheese Green Beans with Bacon	Seasoned Meatballs with Gravy Parsley Noodles Fresh Cooked Carrots	Savory Pork Roast Classic Mashed Potatoes Chef's Steamed Vegetable	Creamy Cheddar Baked Chicken Baked Potato Oven Roasted Cauliflower	Baked Fish Fillet Lemon Rice Capri Blend	Shepherd's Pie Beets with Orange Sauce Fresh Corn Bread
Classic Turkey Sandwich Potato Chips	Three Cheese and Herb Quiche Herb Roasted Tomatoes	Cobb Salad Bread Sticks	Tuna Melt Classic Macaroni Salad	Ground Turkey Stroganoff Sautéed Yellow Squash	Soft Taco Guacamole and Pinto Beans	Baked Chicken Tenders Creamy Coleslaw
SOUP: Lentil	SOUP: Homestyle Vegetable	SOUP: Minestrone	SOUP: Garden Vegetable	SOUP: Corn Chowder	SOUP: Vegetable Medley	SOUP: Fresh Tomato
19 Fried Egg and Hash Browns	20 French Toast Sticks	21 Hot Cereal	22 Ham and Cheese Omelet	23 Fluffy Pancakes	24 Egg Sausage Croissant	25 Scrambled Eggs
Beef Roast with Gravy Classic Mashed Potatoes Glazed Carrots	Smothered Chicken Breasts Seasoned Rice Mixed Vegetables	Bread Crumb Pork Chop Creamy Alfredo Pasta Harvard Beets	Hamburger Steak and Onions Twice Baked Potato Casserole Seasoned Cauliflower	Honey Baked Chicken Leg Macaroni Salad California Blend	Ham with Pineapple Sauce Aloha Sweet Potatoes Steamed Broccoli	Glazed Meatloaf Roasted Red Potatoes Green Beans Italian
Tukey Sloppy Joes Fritos and Green Beans	Meatball Sub Tater Tots	Chicken with Spanish Rice Southwest Vegetable Medley	Tuna Salad Sandwich Potato Chips	Bacon Cheeseburger Casserole Chef's Steamed Vegetable	Slow Cooked BBQ Chicken Apple Coleslaw	Baked Potato Bar Buttery Carrots
SOUP: Cream of Cauliflower	SOUP: Italian Vegeable	SOUP: Creamy Potato and Beef	SOUP: Vegetable Macaroni	SOUP: Cream of Celery	SOUP: Cream of Potato	SOUP: Fresh Vegetable
26 Waffles	27 Breakfast Bowl	28 Denver Egg Scramble	29 Sausage Breakfast Muffins	30 Cheese Omelet	31 Cinnamon French Toast	Breakfast Alternatives Eggs, Toast, French Toast, Eggo Waffles, Yogurt, Fruit, Bacon, Sausage, Oatmeal, Cereal: Frosted Flakes, Cheerios, Fruit Loops
Oven Pot Roast Garlic Herb Mashed Potatoes Corn	Herb Seasoned Pork Baked Sweet Potato Country Trio Medley	Beef Tips in Gravy Parsley Noodles Peas and Carrots	Turkey Roast Classic Mashed Potatoes Cranberry Sauce	Grilled Chicken Long Grain Wild Rice Pilaf Seasoned Broccoli	Lemon Pepper Salmon Cheesy Scalloped Potatoes Parmesan Green Beans	
Grilled Cheese with Bacon French Fries	Philly Deli Sandwich Tater Tots	Club Sandwich Coleslaw	Spaghetti Meat Sauce Buttered Squash	Turkey A La King over Mashed Potatoes and Steamed Vegetables	Classic Lasagna Fresh Asparagus	
SOUP: Garden Tomato	SOUP: Creamed Spinach	SOUP: Classic Minestrone	SOUP: Cream of Mushroom	SOUP: Carrot Soup	SOUP: Vegetable Rice	
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