

# ASHFORD MEAL CALENDAR

January

2025

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	<b>Breakfast Alternatives</b> Eggs, Bacon, Sausage, Cold Cereal, Oatmeal, Cream of Wheat, Yogurt, Toast, Fruit	1 Muffin, Yogurt, Eggs	2 Oats with Mixed Berries	3 Berry Bake	4 Eggs, Toast, Hashbrowns
			Deconstructed Chicken Kabob: Peppers & Onions, Pita, Greek Salad with Beets	BBQ Beef, Cheesy Potatoes, Mixed Vegetables	Sweet Pork Salad: Lettuce, Tomato, Cheese, Rice, Black Beans, Sour Cream, Chips	Teriyaki Chicken, Chow Mein, Egg Roll, Fortune Cookie
			Tuna Melt, Pasta Salad, Chips	Goulash, Garden Salad, Cornbread	Chicken Tenders with Ranch Tater Tots, Mixed Vegetables	Swedish Meatballs, Egg Noodles, Vegetable
			Soup: Vegetable Beef	Soup: Navy Bean & Ham	Soup: Corn Chowder	Soup: Italian Wedding
5 Danish, Eggs, Yogurt	6 Crepes with Mixed Berries	7 Breakfast Quiche	8 Buttermilk Pancakes	9 Cheese Scramble, Hashbrown	10 French Toast	11 Biscuits & Gravy
Roast Beef, Roasted Potatoes & Carrots, Roll	Stuffed Bell Pepper Casserole, Baked Yam, Mixed Vegetables	Cheezit Chicken, Rice Pilaf, Mixed Vegetables	Shredded Pork, Hawaiian Roll, Hawaiian Macaroni Salad, Fruit Slices	BBQ Chicken, Baked Potato, Coleslaw, Biscuit	Parmesan Tilapia, Wild Rice, Vegetable	Lasagna, Caesar Salad, Breadstick
Asian Chicken Salad, Roll	Turkey Bacon Wrap, Pasta Salad, Chips	Sliced Ham, Scalloped Potatoes, Vegetable, Roll	Ranch Chicken Sandwich, Waldorf Salad, Chips	Sweet & Sour Pork, Fried Rice, Pot Sticker, Fortune Cookie	Broccoli Beef with Rice, Egg Roll	Chicken Salad Croissant, 3 Bean Salad, Chips
Soup: Minestrone	Soup: Chicken Noodle	Soup: Creamy Tomato	Soup: Chicken & Wild Rice	Soup: Vegetable	Soup: Clam Chowder	Soup: Broccoli Cheese
12 Hard-Boil Egg, Toast with PB	13 Ham Egg Cheese Croissant	14 Breakfast Skillet	15 Muffin, Yogurt, Eggs	16 Oats with Mixed Berries	17 Berry Bake	18 Eggs, Toast, Hashbrowns
Meatloaf, Mashed Potatoes, Gravy, Green Beans	Burrito Bowl: Beef, Rice, Beans, Cheese, Sour Cream, Tortilla Chips & Salsa	Turkey Burger with Swiss, Pineapple, Lettuce, Tomato, Roasted Sweet Potatoes	Crunchy or Soft Beef Taco, Rice, Beans, Sour Cream, Chips & Salsa	Rotisserie Chicken, Loaded Baked Potato, Steamed Vegetable	Breaded Shrimp, Cocktail Sauce, Rice Pilaf, Vegetable	Salisbury Steak, Mashed Potatoes, Gravy, Mixed Vegetables
Fish & Chips, Tartar Sauce, Coleslaw	Reuben Sandwich, Fruit Cup, Chips	Baked Potato, Chili, Cheese, Sour Cream, Garden Salad	Chicken Divan Casserole, Mixed Vegetables, Roll	Sloppy Joe, Macaroni & Cheese, Mixed Vegetables	Lemon Honey Chicken, Roasted Potatoes, Veggie, Roll	Chicken Cordon Bleu, Sautéed Carrots, Rice Pilaf
Soup: Creamy Potato	Soup: White Chicken Chili	Soup: Chicken Tortilla	Soup: Vegetable Beef	Soup: Navy Bean & Ham	Soup: Clam Chowder	Soup: Italian Wedding
19 Danish, Eggs, Yogurt	20 Crepes with Mixed Berries	21 Breakfast Quiche	22 Buttermilk Pancakes	23 Cheese Scramble, Hashbrown	24 French Toast	25 Biscuits & Gravy
Black Forrest Ham, Cheesy Potatoes, Vegetable, Roll	Spaghetti with Meatsauce, Vegetable, Garlic Bread	Pork Loin, Baked Yam, Vegetable	White Chicken Enchilada, Rice Pilaf, Steamed Vegetable	Brisket, Mashed Potatoes, Gravy, Vegetable	Coconut Shrimp, Orange Chili Sauce, Wild Rice, Vegetable	Shepherd's Pie, Mixed Vegetable, Roll
Chili Cheese Dog, 5 Cup Salad, Chips	Shepherd's Pie, Vegetable, Roll	Grilled Ham & Cheese, Cup of Tomato Soup	Beef Stew, Garden Salad, Cornbread	Chicken Tetrizzini, Vegetable, Rosemary Bread	Ham & Potato Casserole, Vegetable, Roll	Apricot Chicken, Wild Rice Green Beans
Soup: Minestrone	Soup: Chicken Noodle	Soup: Creamy Tomato	Soup: Chicken & Wild Rice	Soup: Vegetable	Soup: Clam Chowder	Soup: Broccoli Cheese
26 Hard-Boil Egg, Toast with PB	27 Ham Egg Cheese Croissant	28 Breakfast Skillet	29 Muffin, Yogurt, Eggs	30 Oats with Mixed Berries	31 Berry Bake	<b>Lunch/Dinner Alternatives:</b> Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich
Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable	French Dip with Au Jus, Potato Salad, Fruit Slices	Salmon, Wild Rice, Vegetable	Honey Dijon Chicken, Rice Pilaf Roasted Vegetable	McRib Sandwich, Macaroni & Cheese, Vegetable	Beef Fajitas: Peppers, Onions, Tortilla, Rice, Beans, Sour Cream	
Egg Salad Sandwich, Cabbage Ramen Salad	Shrimp Scampi with Linguini, Vegetable, Garlic Bread	Turkey Dressing Casserole, Vegetable, Roll	Chef's Salad: Lettuce, Tomato, Cheese, Bacon, Ham, Onion, Egg	Beef & Potato Casserole, Vegetable, Roll	Pizza (Pepperoni or Hawaiian), Garden Salad, Jello Salad	
Soup: Creamy Potato	Soup: White Chicken Chili	Soup: Chicken Tortilla	Soup: Vegetable Beef	Soup: Navy Bean & Ham	Soup: Clam Chowder	