

# ASHFORD MEAL CALENDAR

May

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	<b>Lunch/Dinner Alternatives:</b> Cheeseburger, Chef Salad, Baked Potato, Grilled Cheese, Tuna, Egg Salad, Deli, PB&J Sandwich	1 Omelet Scramble	2 French Toast	3 Breakfast Casserole
				Chicken Pocket, Wild Rice, Sauteed Carrots	Breaded Shrimp, Cocktail Sauce, Rice Pilaf, Mixed Vegetables	Chicken Fried Chicken, Mashed Potatoes, Gravy, Coleslaw, Cornbread
				Baked Potato, Chili, Cheese, Sour Cream, Garden Salad	Hamburger Slider with Bacon, Crisscut Fries, Jello	Pork Tenderloin, Baked Yam, Vegetable
				Soup: Broccoli Cheese	Soup: Clam Chowder	Soup: French Onion
4 Sausage Egg & Cheese Biscuit Meatloaf, Mashed Potatoes, Gravy, Peas & Carrots	5 Danish, Eggs, Yogurt <b>Cinco De Mayo</b> Beef Taco (Soft or Hard), Rice, Beans, Sour Cream, Chips & Salsa	6 Eggs Benedict Hawaiian Haystack: Rice, Cheese, Pineapple, Tomato, Coconut, Garden Salad, Roll	7 Buttermilk Pancakes Beef Pot Pie, Garden Salad, Orange Slices	8 Omelet Scramble Turkey Burger with Pineapple, Swiss Cheese, Lettuce, Tomato, Pasta Salad, Chips	9 Biscuits & Gravy Parmesan Tilapia, Wild Rice, Asparagus	10 Ham Egg & Cheese Croissant Salisbury Steak, Mashed Potatoes, Gravy, Mixed Vegetables
Italian Slider (Pepperoni, Salami, Ham, Cheese), Macaroni Salad	Mexican Chopped Salad with Chicken & Cilantro Lime Dressing	Spaghetti with Meatsauce, Green Beans, Breadstick	Sliced Ham, Macaroni & Cheese, Vegetable	Chicken Sausages, Roasted Potatoes, Vegetable, Focaccia	Sweet & Sour Pork, Chow Mein, Potstickers	Egg Salad Sandwich, Waldorf Salad, Chips
Soup: Creamy Tomato	Soup: Chicken Noodle	Soup: Potato Cheese	Soup: Chicken & Wild Rice	Soup: Vegetable Beef	Soup: Clam Chowder	Soup: Italian Wedding
11 Breakfast Quiche <b>Mother's Day</b> Ranch Turkey Bacon Wrap, Strawberry Spinach Salad, Chips	12 Ch. Eggs, Toast, Hashbrown Roast Beef, Mashed Potatoes, Gravy, Carrots, Roll	13 Baked Oatmeal Chicken Parmesan with Pasta, Steamed Vegetable, Garlic Bread	14 Muffin, Eggs & Yogurt Turkey Bacon Avocado Sandwich, Seven Layer Salad, Fruit Slices	15 Oats with Berries, Eggs BBQ Beef, Creamed Corn Gulliver, Baked Beans, Cornbread	16 French Toast Coconut Shrimp, Orange Chili Sauce, Rice Pilaf, Vegetable	17 Breakfast Casserole Beef Fajita: Onions, Peppers, Tortilla, Beans, Rice, Sour Cream
Chicken Divan Casserole, Garden Salad, Roll	Chef Salad: Ham, Bacon, Egg, Cheese, Tomato, Onion, Roll	Ground Pork, Peppers, Onions, Pineapple over Rice, Egg Roll	Pancakes, Eggs, Bacon, Sausage, Fruit	Bow Tie Chicken Carbonara, Vegetables, Rosemary Bread	Reuben Sandwich, Pasta Salad, Chips	Shepherd's Pie, Mixed Vegetables, Roll
Soup: Minestrone	Soup: Italian Tortellini	Soup: Chicken Tortilla	Soup: Navy Bean & Ham	Soup: Broccoli Cheese	Soup: Clam Chowder	Soup: French Onion
18 Sausage Egg & Cheese Biscuit Black Forrest Ham, Cheesy Potato Casserole, Green Beans	19 Danish, Eggs, Yogurt Burrito Bowl: Beef, Rice, Beans, Cheese, Sour Cream, Chips & Salsa	20 Eggs Benedict Teriyaki Chicken, Chow Mein, Pot Stickers, Fortune Cookie	21 Buttermilk Pancakes Navajo Taco: Chili, Cheese, Lettuce, Tomato, Sour Cream	22 Omelet Scramble Rotisserie Chicken, Loaded Baked Potato, Vegetable	23 Breakfast Quiche Lasagna, Caesar Salad, Breadstick	24 Ham Egg & Cheese Croissant French Dip with Au Jus, Cabbage Ramen Salad, Chips
Asian Chicken Salad, Roll	Shrimp Scampi with Linguini, Vegetable, Breadstick	Turkey Dressing Casserole, Cranberry Sauce, Vegetable, Roll	White Chicken Lasagna, Vegetable, Garlic Bread	Beef Stew, Garden Salad, Cornbread	Chicken Salad Croissant, Fruit Salad, Vegetable Cup	Chicken Cordon Bleu, Rice Pilaf, Carrots
Soup: Creamy Tomato	Soup: Chicken Noodle	Soup: Potato Cheese	Soup: Chicken & Wild Rice	Soup: Vegetable Beef	Soup: Clam Chowder	Soup: Italian Wedding
25 Biscuits & Gravy Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Vegetable, Roll	26 Ch. Eggs, Toast, Hashbrown <b>Memorial Day Picnic</b> Hamburger or Hot Dog, Potato Salad, Fruit Slices, Chips	27 Baked Oatmeal Chicken Pot Pie, Garden Salad, Orange Slices	28 Muffin, Eggs & Yogurt Shredded Pork, Hawaiian Roll, Hawaiian Macaroni Salad, Fresh Fruit	29 Oats with Berries, Eggs Brisket, Baked Yam, Mixed Vegetables	30 French Toast Salmon, Wild Rice, Steamed Vegetable	31 Breakfast Casserole Pork Loin, Mashed Potato, Gravy, Mixed Vegetables
Fish & Chips, Tartar Sauce, Coleslaw	Baked Ziti, Vegetable, Garlic Bread	Roast Beef & Cheddar Sandwich, Broccoli Salad, Chips	Orange Chicken, Chow Mein, Potstickers	BBQ Chicken, Coleslaw, Cream Corn Gulliver, Biscuit	Pizza (Pepperoni or Hawaiian), Garden Salad, Jello Salad	Sloppy Joe, Macaroni & Cheese, Vegetable
Soup: Minestrone	Soup: Italian Tortellini	Soup: Chicken Tortilla	Soup: Navy Bean & Ham	Soup: Broccoli Cheese	Soup: Clam Chowder	Soup: French Onion