

Cardigan Ridge Senior Living Menu June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Breakfast Continental Breakfast Lunch Ham & Potato Casserole Sauteed Vegetables Dinner Chicken BLT Salad Breadsticks Fresh Pineapple Soup & Dessert of the Day	2 Breakfast Waffle Breakfast Lunch Beef Pot Pie with Puff Pastry Corn Muffin Dinner Grilled California Hamburger French Fries Watermelon Soup & Dessert of the Day	3 Breakfast Hot Breakfast Lunch Chicken Caesar Salad Garlic Toast Soup Dinner Beef Stew Biscuit Fresh Fruit Soup & Dessert of the Day	4 Breakfast Continental Breakfast Lunch Bbq Chicken Thighs, Mashed Potatoes, Gravy & Buttered Corn Dinner Egg Salad on Fresh Baked Croissant Pasta Salad Soup & Dessert of the Day
5 Breakfast Continental Breakfast Lunch Pork Roast Potato Salad Dinner Roll Dinner Corn Dog Onion Rings Coleslaw Soup & Dessert of the Day	6 Breakfast Continental Breakfast Lunch Garlic Rosemary Flank Steak, Homemade Sour Cream Butter Mashed Potatoes & Roasted Asparagus Dinner Grilled Rachel Sandwich, Potatoes Chips Tomato Basil Soup Soup & Dessert of the Day	7 Breakfast Hot Breakfast Lunch: Autumn Apple Chicken on Jasmine Rice & Fresh Baked Dinner Roll Dinner Hearty Beef & Vegetable Soup Baked Rye Bread & Carrots Bars Soup & Dessert of the Day	8 Breakfast Continental Breakfast Lunch: Baked Bolognese Bowtie Pasta, Garden Salad & Breadsticks Dinner Green Berry Salad Topped with Feta Cheese Baguette Slice Soup & Dessert of the Day	9 Breakfast Continental Breakfast Lunch Baked Tilapia Rice Pilaaf Grilled Zucchini Dinner Ham Salad on Leaf Lettuce, Pita Bread & Fresh Fruit Soup & Dessert of the Day	10 Breakfast Hot Breakfast Lunch Taco Salad with Tomato, Cheese, Sour Cream, Salsa & Honey Butter Cornbread Dinner Scandinavian Stew on Buttermilk Biscuit & Fresh Fruit Soup & Dessert of the Day	11 Breakfast Continental Breakfast Lunch Tater Tot Hot Dish & Dinner Roll. Dinner Pancakes Strawberries & Bananas & Crispy Bacon Soup & Dessert of the Day
12 Breakfast Continental Breakfast Lunch Baked Ham with Pineapple, Au Gratin Potatoes & Sweet Peas Dinner Beef Sandwich with Au Jus Homemade Potatoes Salad Watermelon Soup & Dessert of the Day	13 Breakfast Continental Breakfast Lunch Baked Tilapia Lemon Slice Baked Sweet Potatoes with Brown Sugar & Pecans Asparagus Dinner Roast Beef & Swiss Sandwich Beer Cheese Soup Soup & Dessert of the Day	14 Breakfast Hot Breakfast Lunch Soft Shell Tacos Sour cream & salsa Lettuce & tomato Spanish Rice Dinner Pork Stew Biscuit Fresh Fruit Soup & Dessert of the day	15 Breakfast Continental Breakfast Lunch Homemade Lasagna Caesar Salad Garlic Breadsticks Dinner Chicken Strips Ketchup & Mustard Steak Fries Soup & Dessert of the Day	16 Breakfast Continental Breakfast Lunch Grilled Chicken Breast Mushroom Sauce Mashed Potatoes Vegetables Dinner Chef Salad Garlic Toast Soup Soup & Dessert of the Day	17 Breakfast Hot Breakfast Lunch Orange Glazed Chicken on Jasmine Rice Cheese Wontons Dinner Tuna Pasta Salad Focaccia Bread & Fresh Fruit Soup & Dessert of the Day	18 Breakfast Continental Breakfast Lunch Salisbury Steak Mashed Potatoes & Gravy Mixed Vegetables Dinner Ham Spread on Brioche Bun Chicken & Dumplings Soup Soup & Dessert of the Day
19 Breakfast Continental Breakfast Lunch Spaghetti with Meat Sauce Broccoli Garlic Toast Dinner Garden Salad Hawaiian Roll Soup Soup & Dessert of the Day	20 Breakfast Continental Breakfast Lunch Teriyaki Salmon Jasmine Rice Roasted Cauliflower Dinner Pepperoni Pizza Caesar Salad Soup & Dessert of the Day	21 Breakfast Hot Breakfast Lunch Club Wrap Fresh Fruit Soup Dinner Baked Mostaccioli Pasta Breadsticks Soup & Dessert of the Day	22 Breakfast Continental Breakfast Lunch Grilled Polish Sausage with Marinara Sauce Mashed Potatoes Dinner Fresh Berry Salad Breadsticks & Homemade Soup Soup & Dessert of the Day	23 Breakfast Continental Breakfast Lunch Bbq Chicken Baked Beans Corn Muffin Watermelon Dinner Homemade Goulash Caesar Salad Dinner Roll Soup & Dessert of the Day	24 Breakfast Hot Breakfast Lunch Roasted Pork Loin Rice Pilaf Vegetables Dinner Turkey, Ham & Cheese Sandwich Chips Melon Slice Soup & Dessert of the Day	25 Breakfast Continental Breakfast Lunch Swedish Meatballs on Egg Noodle & Vegetables Dinner Belgian Waffle, Bananas & Blueberries Bacon Soup & Dessert of the Day
26 Breakfast Continental Breakfast Lunch Italian Sausage Lasagna Caesar Salad Dinner Chicken Broccoli Stir Fry on Jasmine Rice Soup & Dessert of the Day	27 Breakfast Continental Breakfast Lunch BBQ Country Style Ribs, Potato Salad & Watermelon Slice Dinner Roast Beef & Swiss on Fresh Baked Croissant, Potato Chips & Fruit Soup & Dessert of the Day	28 Breakfast Hot Breakfast Lunch Fried Fish Sandwich with Cheese & Tartar Sauce Coleslaw Fruit Dinner Italian Pasta Salad, Fresh Fruit & Soup Soup & Dessert of the Day	29 Breakfast Continental Breakfast Lunch Ham & Potatoes Casserole, Sauteed Vegetables & Hawaiian Bun Dinner Chicken BLT Salad, Breadsticks & Homemade Soup. Soup & Dessert of the Day	30 Breakfast Continental Breakfast Lunch Fried Shrimp on Alfredo Pasta, Steamed Broccoli Dinner Chicken Enchiladas, Refried Beans & Corn Bread Soup & Dessert of the Day		