

# Cardigan Ridge Senior Living Menu March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Fried Beer Butter Fish, French Fries &amp; Coleslaw</b> <b>Dinner</b> Homemade Chili, Corn Muffin & Cup of Fresh Fruit <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> <b>Shepard's Pie, Brown Gravy &amp; Dinner Roll</b> <b>Dinner</b> Creamy Pease Pasta Topped with Crispy Bacon & French Baguette <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Country Style BBQ Ribs, Mashed Potatoes & Corn <b>Dinner</b> Grilled Chicken Salad, Breadsticks & Orange Slice <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Meatballs With Sweet & Sour Sauce & Jasmine Rice <b>Dinner</b> Hot Dogs on a Bun, Baked Beans & Watermelon Slice <b>Soup &amp; Dessert of the Day</b>
5	6	7	8	9	10	11
<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Ham & Cheese Potatoes Casserole, Mix Vegetables & Dinner Roll <b>Dinner</b> Deli Style Turkey Sandwich & Creamy Potatoes Salad <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Teriyaki Salmon, Jasmine Rice & Grilled Vegetables <b>Dinner</b> Harvest Salad with Apples, Walnuts & Cranberry Cup of Fresh Fruit <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Soft Shell Tacos with Lettuce, Tomato, Cheese &amp; Sour Cream, Spanish Rice</b> <b>Dinner</b> Chicken Pasta Salad, Flaky Dinner Roll, & Fresh Strawberries <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch:</b> Baked Bolognese Bowtie Pasta, Garden Salad & Breadsticks <b>Dinner</b> Green Berry Salad Topped with Feta Cheese Baguette Slice <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Waffle Breakfast</b> <b>Lunch</b> <b>Roast Beef Pot Roast &amp; Dinner Roll</b> <b>Dinner</b> Chicken Cheese Enchiladas & Bean Mole <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Taco Salad with Tomato, Cheese, Sour Cream, Salsa &amp; Honey Butter Cornbread</b> <b>Dinner</b> Slow Cooked Pork Stew on Buttermilk Biscuit & Fresh Fruit <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Tater Tot Hot Dish &amp; Dinner Roll.</b> <b>Dinner</b> French Toast Strawberries & Bananas & Crispy Bacon <b>Soup &amp; Dessert of the Day</b>
12	13	14	15	16	17	18
<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Baked Ham with Pineapple, Au Gratin Potatoes & Sweet Pease <b>Dinner</b> BBQ Beef Sandwich, Homemade Potatoes Salad & Watermelon Slice. <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Slow Cooke Roast Beef, Garlic Mashed Potatoes & Honey Glazed Carrots <b>Dinner</b> Pepperoni Pizza, Harvest Salad with Apples, Walnuts & Cranberry <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Homemade Lasagna, Garden Salad & Breadsticks <b>Dinner</b> Turkey Cheese Sliders, Chef Choice Homemade Soup <b>Red Velvet Cake</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Baked Tilapia, Tartar Sauce & Garden Salad <b>Dinner</b> Three Cheese Ravioli with White Sauce & Fresh Baked Bread <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Creamy Shell Pasta with Pease Topped with Bakon, Caesar Salad <b>Dinner</b> Grilled Burger with Lettuce & Tomato & French Fries <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Corn Beef, Cabbage, Potatoes & Carrots Hawaiian Bun <b>Dinner</b> Grilled Cheese Sandwich, Potatoes Chips & Tomato Soup <b>Soup &amp; Desserts of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Swedish Meatballs over Buttered Egg Noodles & Green Beans <b>Dinner</b> Grilled Chicken Cub Salad & Flaky Dinner Roll <b>Soup &amp; Dessert of the Day</b>
19	20	21	22	23	24	25
<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Baked Macaroni & Cheese Topped with Crispy Bacon, Dinner Roll <b>Dinner</b> Ham and Cheese Egg Bake, Triangle Potatoes & Fresh Strawberries <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Puff Pastry Chicken Pot Pie & Hawaiian Bun <b>Dinner</b> <b>Beef Au Juice Panini, French Fries Fresh Fruit</b> <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Teriyaki Salmon, Roasted Potatoes &amp; Carrots</b> <b>Dinner</b> <b>Italian Pasta Salad, Fresh Fruit &amp; Cooks Choice of Soup</b> <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Grilled Polish Sausage with Marinara Sauce on Rigatoni Pasta &amp; Breadsticks</b> <b>Dinner</b> Fresh Berry Salad, Breadsticks & Homemade Soup <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> <b>Baked Fried Chicken, Baked Beans &amp; Summer Fresh Coleslaw</b> <b>Dinner</b> Homemade Goulash, Breadsticks & Watermelon Slice <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Roasted Pork Loin with Apple Sauce, Sweet Mashed Potatoes &amp; Vegetables</b> <b>Dinner</b> <b>Fish Sandwich with Tartar Sauce, Onion Rings &amp; Melon Slice</b> <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Salisbury Steak on Egg Noodle & Vegetables <b>Dinner</b> Belgian Waffle, Bananas & Blueberries, Breakfast Sausage <b>Soup &amp; Dessert of the Day</b>
26	27	28	29	30	31	
<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Italian Sausage Lasagna, Caesar Salad & Garlic Toast <b>Dinner</b> Chicken Broccoli Stir Fry on Lo Mein Noodle <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> BBQ Country Style Ribs, Potato Salad & Watermelon Slice <b>Dinner</b> Roast Beef & Swiss on Fresh Baked Croissant, Potato Chips & Fruit <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Beer Butter Fish, French Fries &amp; Creamy Coleslaw</b> <b>Dinner</b> <b>Italian Pasta Salad, Fresh Fruit &amp; Cooks Choice of Soup</b> <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Three Cheese Ravioli with Marinara Sauce &amp; Dinner Roll</b> <b>Dinner</b> <b>Beef Stew &amp; Fresh Baked Bread</b> <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> <b>BBQ &amp; Teriyaki Chicken Wings, Mashed Potatoes, Corn &amp; Gravy</b> <b>Dinner</b> <b>Chicken Broccoli Alfredo Pasta &amp; Breadsticks</b> <b>Soup &amp; Dessert of the Day</b>	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Berry Salaf with Raspberry Vinaigrette Dressing &amp; Chef Choice Soup</b> <b>Dinner</b> <b>Three Cheese Quiche, Bacon &amp; Fresh Fruit</b> <b>Soup &amp; Dessert of the Day</b>	