

Cardigan Ridge Senior Living Menu July 2024

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday June -6
	Hot Breakfast Lunch Meatballs with Marinara Sauce on Pasta & Garlic Toast Dinner Tuna Pasta Salad, Focaccia Bread & Fresh Fruit Salad & Dessert of the Day	Continental Breakfast Lunch BBQ Chicken Thighs, Escaloped Potatoes & Vegetables Dinner Lasagna Roll Ups & Caesar Salad Salad & Dessert of the Day	Continental Breakfast Lunch Coconut Shrimp on Fried Rice & Cheese Wontons Dinner Ham Cheese Quiche, Triangle Potatoes & Melon Salad & Dessert of the Day	Hot Breakfast Lunch Beef Brisket, Potato Salad, Baked Beans & Hawaiian Bun Dinner Turkey Gouda Cheese, Lettuce, Tomato Sandwich Chips & Watermelon Salad & Dessert of the Day	Continental Breakfast Lunch Chicken Stir Fry on Brown Rice & Egg Roll Dinner Strawberry Pecan Salad, Creamy Potato Bacon Soup & Dinner Roll Salad & Dessert of the Day	Continental Breakfast Lunch Homemade Goulash, Salad & Breadsticks Dinner Chicken Spread Sandwich & Pasta Salad Salad & Dessert of the Day
Continental Breakfast 7 Lunch Chicken Caesar Pasta Salad Garlic Toast & Cup of Fresh Fruit Dinner Ham Au Gratin Potato Casserole & Hawaiian Bun Salad & Dessert of the Day	Hot Breakfast 8 Lunch Grilled Pork Chops with Mushroom Sauce, Stuffing & Vegetables Dinner Creamy Chicken Broccoli Casserole on Buttermilk Biscuit Salad & Dessert of the Day	Continental Breakfast 9 Lunch Chicken Alfredo Pasta, Steamed Broccoli Dinner Homemade Chili, Corn Bread & Watermelon Salad & Dessert of the Day	Continental Breakfast 10 Lunch Open Face Turkey Sandwich, Mix Vegetable & Cranberry Relish Dinner Tortellini Salad, Dinner Roll & French Onion Soup Salad & Dessert of the Day	Hot Breakfast 11 Lunch Lasagna, Garden Salad & Garlic Toast Dinner Chicken Stew with Pease Potatoes, Peppers & French Baguette Salad & Dessert of the Day	Continental Breakfast 12 Lunch Honey Garlic Salmon, Creamy Mushroom Risotto & Vegetables Dinner Grilled Bratwurst on a Bun, Sauerkraut & Potato Salad Salad & Dessert of the Day	Continental Breakfast 13 Lunch Salisbury Steak on Egg Noodle & Green Beans Dinner Ham & Swiss Sandwich, Chicken Wild Rice Soup Salad & Dessert of the Day
Continental Breakfast 14 Lunch Macaroni & Cheese Topped with Bacon & Dinner Roll Dinner Italian Sausage Minestrone, Dinner Roll & Mandarin Oranges Salad & Dessert of the Day	Hot Breakfast 15 Lunch Mediterranean Pizza & Side of Salad Dinner Baked Potatoes Topped with Bacon, Cheese, Sour Cream & Fresh Fruit Salad Salad & Dessert of the Day	Continental Breakfast 16 Lunch Baked Tilapia Rice Pilaf & Asparagus Dinner Sloppy Joes on a Bun, Potato Chips & Fresh Fruit Salad & Dessert of the Day	Continental Breakfast 17 Lunch Grilled Chicken Caprese Salad & Garlic Breadsticks Dinner Homemade Goulash, Side of Salad & Dinner Roll Salad & Dessert of the Day	Waffle Breakfast 18 Lunch Braised Beef with Carrots, Celery on Mashed Potatoes & Hawaiian Bun Dinner Chicken Stir Fry on Brown Rice Salad & Dessert of the Day	Continental Breakfast 19 Lunch Autumn Apple Chicken on Potatoes & Dinner Roll Dinner Turkey Swiss, Lettuce, Tomato Sandwich & Chicken Noodle Soup Salad & Dessert of the Day	Continental Breakfast 20 Lunch Swedish Meatballs on Egg Noodle & Vegetables Dinner French Toast with Bananas Blueberries & Crispy Bacon Salad & Dessert of the Day
Continental Breakfast 21 Lunch Chicken Enchiladas, Pineapple Rice, Sour Cream & Salsa Dinner Sub Sandwich, Multigrain Chips & Fruit Salad & Dessert of the Day	Hot Breakfast 22 Lunch Shrimp Bowl & Italian Roll Dinner BBQ Pork on a Brioche Bun, Creamy Coleslaw & Chips Salad & Dessert of the Day	Continental Breakfast 23 Lunch Chicken Wraps with Lettuce, Tomato, Cheese, Chips & Fresh Fruit Dinner Fried Cud, French Fries & Coleslaw Salad & Dessert of the Day	Continental Breakfast 24 Lunch Beef Broccoli Stir Fry on Noodle & Cheese Wontons Dinner Chicken Wings, Celery Carrots with Ranch Dip Dessert of the Day	Hot Breakfast 25 Lunch Chinese Chicken Mandarin Salad & Breadsticks Dinner Roast Beef Swiss Sandwich, Fresh Fruit & Chips Salad & Dessert of the Day	Continental Breakfast 26 Lunch Beef Rice Bowl & Dinner Roll Dinner White Chicken Chili, Corn Bread & Fresh Strawberries Salad & Dessert of the Day	Continental Breakfast 27 Lunch Roast Pork Loin, Gravy, Mashed Potatoes & Green Beans Dinner Chicken Tenders, French Fries, Ketchup & Mustard Salad & Dessert of the Day
Continental Breakfast 28 Lunch Chicken Kiev Mashed Potatoes Gravy & Vegetable Dinner Beef & Vegetables Soup Dinner Roll & Peaches Salad & Dessert of the Day	Hot Breakfast 29 Lunch Roast Beef with Gravy, Potatoes & Vegetables Dinner Italian Chopped Salad & Garlic Toast Salad & Dessert of the Day	Continental Breakfast 30 Lunch Chicken Fajitas, Pineapple Rice, Sour Cream & Salsa Dinner Beef Stew on Buttermilk Biscuit Salad & Dessert of the Day	Continental Breakfast 31 Lunch Crunch wrap, Nacho Cheese & Tortilla Chips Dinner Cheesy Broccoli Soup, French Baguette & Melon Salad & Dessert of the Day			