

# Cardigan Ridge Senior Living Menu January 2025

Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
			Continental Breakfast Lunch Beef Enchiladas, Grandma Baked Beans, Salsa & Sour Cream. <b>Rice Crispy Bars</b> Dinner Chicken Dumpling Soup, Dinner Rill & Fresh Fruit Salad & <b>Chocolate Cake</b>	Hot Breakfast Lunch Chicken Strawberry Pecan Salad, Beer Cheese Soup & Roll <b>Mini Doughnut</b> Dinner Fried Cod, French Fries & Coleslaw Salad & <b>Boston Pie</b>	Continental Breakfast Lunch Grilled Shrimp & Vegetables Lo Mein & Egg Roll <b>Pie</b> Dinner Three Cheese Manicotti with Marinara sauce Topped with Mozzarella & Garlic Toast Salad & <b>Vanilla Cake</b>	Continental Breakfast Lunch Chicken Pasta Salad, French Baguette & Soup <b>Carrot Cake</b> Dinner Open Face Beef Sandwich with Gravy & Mix Veggie Salad & <b>Ice Cream</b>
Continental Breakfast 5 Lunch Roast Pork Loin, Sweet Potato & Veggie <b>Cake</b> Dinner Chicken Stir Fry on Rice Salad & <b>Cookie</b>	Hot Breakfast 6 Lunch Ham with Pineapple, Au gratin Potatoes & Sweet Pease <b>Blueberry Bars / Dinner</b> Teriyaki & BBQ Chicken Wings, Cucumber, Carrots with Ranch Dip Salad & <b>Strawberry Cake</b>	Continental Breakfast 7 Lunch Turkey Provolone, Lettuce Tomato Sandwich, Chicken Wild Rice Soup Fresh Fruit <b>Chocolate Pie</b> Dinner Chicken Noodle Casserole & Dinner Roll Salad & <b>Banana Pudding</b>	Continental Breakfast 8 Lunch Braised Beef with Celery & Carrots on Mashed Potato <b>Hot Cocoa Tres Leche</b> Dinner Grilled Hot Dogs, Ketchup, Mustard & Potato Salad Salad & <b>Sprinkle Cake</b>	Hot Breakfast 9 Lunch Mack Chow Mein & Italian Roll <b>Lemon Morn Pie</b> Dinner Baked Potato topped with Sour Cream, Cheese, Bacon & Fresh Fruit Cup Salad & <b>Ice Cream</b>	Continental Breakfast 10 Lunch Orange Chicken on Jasmine Rice & Vegetables <b>Brownie</b> Dinner Cheese Broccoli Soup, Dinner Roll, Cottage Cheese & Peaches Salad & <b>Cheesecake</b>	Continental Breakfast 11 Lunch Tator Tot Hot Dish & Dinner Roll <b>Pumpkin Pie</b> Dinner Italian Pasta Salad, Mini Croissant & Watermelon Salad & <b>Oatmeal Cookie</b>
Continental Breakfast 12 Lunch Salisbury Steak on Egg Noodle & Vegetables <b>Chocolate Cake</b> Dinner Ham Salami & Cheese Sliders, Chips & Fruit Salad & <b>Peach Cobbler</b>	Hot Breakfast 13 Lunch Grilled Chicken Breast with Mushroom Sauce on Potato & Italian Vegetables <b>Pie</b> Dinner Homemade Chili, Honey Butter Corn Bread & Grapes Salad & <b>Assorted Desserts</b>	Continental Breakfast 14 Lunch Bolognese Sauce on Penne Pasta & Garlic Toast <b>Cheesecake</b> Dinner Three Cheese Quiche, Crispy Bacon & Fresh Fruit Salad & <b>Chocolate Mousse</b>	Continental Breakfast 15 Lunch Chicken Pot Pie on Puff Pastry & Cup of Fresh Fruit <b>Pistachio Cake</b> Dinner Open Face Sloppy Joes, Chips & Fruit Salad & <b>Tapioca</b>	Waffle Breakfast 16 Lunch Homemade Italian Sausage Lasagna, Salad & Breadsticks/ <b>Ice Cream</b> Dinner Sandwich & Chef Choice Soup & Chips Salad & <b>Cake</b>	Continental Breakfast 17 Lunch Teriyaki Salmon on Risotto & Vegetables <b>Tiramisu</b> Dinner Beef Au Juice on a Hoagie Bun & Potato Chips Salad & <b>Ice Cream</b>	Continental Breakfast 18 Lunch Swedish Meatballs on Mashed Potato & Veggie <b>Bars</b> Dinner Tuna Pasta Salad, Dinner Roll & Mandarin Oranges Salad & <b>Mini Doughnut</b>
Continental Breakfast 19 Lunch Grilled Chicken Alfredo Pasta, Broccoli & Breadsticks <b>Jello Cake</b> Beef Stew, Dinner Roll & Fresh Fruit Salad & <b>Ice Cream Bars</b>	Hot Breakfast 20 Lunch California Burger, French Fries & Cup off Fruit <b>Vanila Cake with Frosting</b> Dinner Chicken Stew on Buttermilk Biscuit Salad & <b>Pudding</b>	Continental Breakfast 21 Lunch Honey Glazed Pork Loin, Stuffing, Gravy & Mix Veggie <b>Chef Choice</b> Dinner Chicken Tenders, French Fries & Fresh Fruit Salad & <b>Cheesecake</b>	Continental Breakfast 22 Lunch Roast Turkey, Mashed Potatoes, Gravy, Green Bean Casserole <b>Pie</b> Dinner Ham Spread Sandwich, Chips & Fruit Salad & <b>Chocolate Cake</b>	Hot Breakfast 23 Lunch Coconut Shrimp on Refried Beans & Cheese Wontons <b>Blueberry Pie</b> Dinner Homemade Pepperoni Pizza, Sode of Caesar Salad Salad & <b>Bars</b>	Continental Breakfast 24 Lunch Grilled Chicken Caesar Pasta Salad, Soup & Italian Bread <b>Cake</b> Dinner Meatballs with Marinara Sauce on Penne Pasta & Breadsticks Salad & <b>Ice Cream</b>	Continental Breakfast 25 Lunch Homemade Shapard's Pie with Gravy & French Baguette Dinner Turkey Salami Swiss Cheese Sliders & French Onion Soup Salad & <b>Red Velvet Cake</b>
Continental Breakfast 26 Dinner Sweet & Sour Chicken on Jasmine Rice & Broccoli <b>Carrot Cake</b> Dinner Ham & Potato Casserole & Italian Roll Salad & <b>Ice Cream</b>	Hot Breakfast 27 Lunch Beef Pot Roast with Boiled Potato & Carrots <b>Chef Choice Dessert</b> Dinner Soft Shell Tacos with Rice Pilaf, Sour Cream, Cheese & Salsa Salad & <b>Fruit Jello</b>	Continental Breakfast 28 Lunch Grilled Reuben Sandwich with Gretas Potato Salad & Cup of Fruit <b>Lemon Cake</b> Dinner Chicken Broccoli Noodle Casserole & Hawaiian Bun Salad & <b>Banana Cake</b>	Continental Breakfast 29 Lunch Brown Stew Chicken on Jasmine Rice & Pita Bread <b>Tres Leche</b> Dinner Cheesy Potato Soup, Italian Roll & Fruit Salad Salad & <b>Cookie</b>	Hot Breakfast 30 Lunch Baked Rigatoni Pasta Garden Salad & Garlic Toast <b>Chef Choice Dessert</b> Dinner Ham Broccoli Quiche, Hash brown & Fresh Fruit Salad & <b>Tapioca</b>	Continental Breakfast 31 Lunch Salmon with Creamy Sauce, Roasted Potato & Vegetables <b>Tiramisu</b> Dinner French Toast with Bananas, Blueberries & Crispy Bacon Salad & <b>Eclairs</b>	