

# Cardigan Ridge Senior Living Menu November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
5	6	7	8	9	10	11
<p><b>Continental Breakfast Lunch</b></p> <p>Sesame Garlic Meatballs on Rice, Egg roll</p> <p><b>Dinner</b></p> <p>Chef choice Soup &amp; Pasta Salad</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Hot Breakfast Lunch</b></p> <p>Teriyaki Flank Steak, Mashed Potatoes, Gravy &amp; Roasted Sweet Potatoes</p> <p><b>Dinner</b></p> <p>Grilled Polish Kielbasa, Roasted Potatoes &amp; Peppers</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Shrimp Stir Fry on Jasmine Rice &amp; Egg Roll</p> <p><b>Dinner</b></p> <p>Ham Salami, Cheese, Lettuce &amp; tomato Sandwich &amp; Potato Chips</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Chicken Enchiladas, Rice Pilaf &amp; Corn Chips</p> <p><b>Dinner</b></p> <p>Beef Barly Soup, French Baguette, Cottage Cheese &amp; Peaches</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Hot Breakfast Lunch</b></p> <p>Soft Shell Tacos, Lettuce, Tomato, Sour Cream, Salsa &amp; Refried Beans</p> <p><b>Dinner</b></p> <p>Homemade Chicken Chili, Corn Bread &amp; Watermelon Slice</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Salt Vinegar Breaded Cod, French Fries &amp; Coleslaw</p> <p><b>Dinner</b></p> <p>Tamale Pie &amp; Cheese Corn Bread</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>BBQ Beef, Baked Beans &amp; Hawaiian Bun</p> <p><b>Dinner</b></p> <p>Italian Sausage Tortellini Soup &amp; French Baguette</p>
12	13	14	15	16	17	18
<p><b>Continental Breakfast Lunch</b></p> <p>Rosemary Roast Pork Loin, Escalloped Potatoes, Sweet Pea</p> <p><b>Dinner</b></p> <p>Summer Fresh Pasta, Mini Croissant, Fresh Fruit</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Hot Breakfast Lunch</b></p> <p>Beer Macaroni &amp; Cheese Topped with Crispy Chicken &amp; Breadsticks</p> <p><b>Dinner</b></p> <p>Teriyaki &amp; BBQ Chicken Wings, Ranch Dip &amp; Triangle Potatoes</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Fried Shrimp on Fried Rice &amp; Veggie Roll</p> <p><b>Dinner</b></p> <p>Chicken &amp; Dumpling Soup, Dinner Roll &amp; Fresh Fruit</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>BBQ Country Style Ribs, Mashed Potatoes, Gravy &amp; Vegetables</p> <p><b>Dinner</b></p> <p>Chicken Broccoli Casserole &amp; Dinner Roll</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Hot Breakfast Lunch</b></p> <p>Grilled Chicken Caesar Salad &amp; Dinner Roll</p> <p><b>Dinner</b></p> <p>Open Face Roast Beef Sandwich with Gravy &amp; Fresh Fruit</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Grilled Chicken Breast, Gravy, Mashed Potatoes &amp; Grilled Zucchini</p> <p><b>Dinner</b></p> <p>Grilled Cheese Sandwich, Potatoes Chips &amp; Tomato Soup</p> <p><b>Soup &amp; Desserts of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Grilled Hot Dogs, Potato Salad &amp; Watermelon</p> <p><b>Dinner</b></p> <p>Chicken Cub Salad &amp; Flaky Dinner Roll</p> <p><b>Soup &amp; Dessert of the Day</b></p>
19	20	21	22	23	24	25
<p><b>Continental Breakfast Lunch</b></p> <p>Cranberry Apple Walnut Salad, Chicken Noodle Soup &amp; Breadsticks</p> <p><b>Dinner</b></p> <p>Open Face Roast Beef Sandwich, Fresh Fruit &amp; Potato Chips</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Hot Breakfast Lunch</b></p> <p>Puff Pastry Chicken Pot Pie &amp; Hawaiian Bun</p> <p><b>Dinner</b></p> <p>Beef Au Juice Panini, French Fries Fresh Fruit</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Teriyaki Salmon, Roasted Potatoes &amp; Carrots</p> <p><b>Dinner</b></p> <p>Italian Pasta Salad, Fresh Fruit &amp; Cooks Choice of Soup</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Chicken Cutlets, Mashed Potatoes, Gravy &amp; Vegetables</p> <p><b>Dinner</b></p> <p>Fresh Berry Salad, Breadsticks &amp; Homemade Soup</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Thanksgiving Lunch</b></p> <p>Roast Turkey, Mashed Potatoes, Green Bean Casserole, Gravy, Roasted Sweet Potatoes, Stuffing &amp; Cranberry Relish</p> <p><b>Dinner</b></p> <p>Ham &amp; Cheese Sandwich, Fresh Fruit, Chips &amp; Cookie</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Homemade Goulash, Caesar Salad &amp; a Bun</p> <p><b>Dinner</b></p> <p>Fish Sandwich with Tartar Sauce, Onion Rings &amp; Melon Slice</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Beef Stroganoff on Egg Noodle &amp; Vegetables</p> <p><b>Dinner</b></p> <p>Pancake with Bananas &amp; Blueberries, Breakfast Sausage</p> <p><b>Soup &amp; Dessert of the Day</b></p>
26	27	28	29	30		
<p><b>Continental Breakfast Lunch</b></p> <p>Italian Sausage Lasagna, Caesar Salad &amp; Garlic Toast</p> <p><b>Dinner</b></p> <p>Chicken Broccoli Stir Fray on Brown Rice</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Hot Breakfast Lunch</b></p> <p>Chicken Breast with Mushroom Sauce Mashed Potatoes &amp; Vegetables</p> <p><b>Dinner</b></p> <p>Ham Cheese &amp; Lettuce Sliders, Potato Chips &amp; Fresh Fruit</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>California Burger with Lettuce, Tomato &amp; Steak Fries</p> <p><b>Dinner</b></p> <p>Pork Stew &amp; Fresh Baked Bread</p> <p><b>Soup &amp; Dessert of the Day</b></p>	<p><b>Continental Breakfast Lunch</b></p> <p>Ham Au Gratin Potatoes &amp; Vegetables</p> <p><b>Dinner</b></p> <p>Chicken Tenders, Fries &amp; Cup of Fresh Fruit</p> <p><b>Soup &amp; Desert of The Day</b></p>	<p><b>Hot Breakfast Lunch</b></p> <p>Shepard's Pie, Brown Gravy, Mix Vegetables &amp; Hawaiian Bun</p> <p><b>Dinner</b></p> <p>Grilled Cheese Sandwich, Potatoes Chips &amp; Tomato Basil Soup</p> <p><b>Soup &amp; Dessert of the Day</b></p>		