

Cardigan Ridge Senior Living Menu September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
	Happy Memorial Day		State Fair at Cardigan Ridge		<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Homemade Turkey Meatloaf, Mashed Potatoes, Gravy, & Vegetables</p> <p style="text-align: center;">Dinner</p> <p>Sloppy Joes on a Bun, Potato Chips & Fresh Summer Corn Salad</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Spaghetti with Meat Sauce & Garlic Toast</p> <p style="text-align: center;">Dinner</p> <p>Ham & Cheese Sliders, Pasta Salad</p> <p style="text-align: center;">Soup & Dessert of the Day</p>
3	4	5	6	7	8	9
<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Sesame Garlic Meatballs on Rice, Egg roll</p> <p style="text-align: center;">Dinner</p> <p>Chef choice Soup & Pasta Salad</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Hot Breakfast Lunch</p> <p>BBQ Baby Back Ribs, Homemade Potatoes Salad & Watermelon Slice & Berry Cake</p> <p style="text-align: center;">Dinner</p> <p>Turkey Lettuce, Tomato Sandwich, Potato Chips & Fresh Fruit</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Chicken Stir Fry on Jasmine Rice & Fresh Pineapple Slice</p> <p style="text-align: center;">Dinner</p> <p>Ham Salami, Cheese, Lettuce & tomato Sandwich & Potato Chips</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>State Fair Lunch</p> <p>Corn Dogs, Cheese Curds, Fried Pickle, Cup of Soup & Mini Donut</p> <p style="text-align: center;">Dinner</p> <p>Chef Choice Casserole & Dinner Roll</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Hot Breakfast Lunch</p> <p>Soft Shell Tacos, Lettuce, Tomato, Sour Cream, Salsa & Refried Beans</p> <p style="text-align: center;">Dinner</p> <p>Homemade Chili, Corn Bread & Watermelon Slice</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Salt Vinegar Breaded Cod, French Fries & Coleslaw</p> <p style="text-align: center;">Dinner</p> <p>Tamale Pie & Cheese Corn Bread</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>BBQ Beef, Baked Beans & Hawaiian Bun</p> <p style="text-align: center;">Dinner</p> <p>Italian Sausage Tortellini Soup & French Baguette</p>
10	11	12	13	14	15	16
<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Rosemary Roast Pork Loin, Escalloped Potatoes, Sweet Pea</p> <p style="text-align: center;">Dinner</p> <p>Summer Fresh Pasta, Mini Croissant, Fresh Fruit</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Hot Breakfast Lunch</p> <p>Beer Macaroni & Cheese Topped with Crispy Chicken & French Baguette</p> <p style="text-align: center;">Dinner</p> <p>Pancake with Bananas & Blueberries, Triangle Potatoes</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Fried Shrimp on Fried Rice & Veggie Roll</p> <p style="text-align: center;">Dinner</p> <p>Chicken Rice Soup, Dinner Roll & Pasta Salad</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Steak Quesadilla, Spanish Rice, Sour Cream & Salsa</p> <p style="text-align: center;">Dinner</p> <p>Falafel on Brown Rice mix with Sauteed Cherry Tomato & Pease</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Hot Breakfast Lunch</p> <p>Grilled Chicken Caesar Salad & Dinner Roll</p> <p style="text-align: center;">Dinner</p> <p>Homemade Chili, Corn Bread & Watermelon Slice</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Rosemary Roasted Chicken Breast, Gravy, Mashed Potatoes & Grilled Zucchini</p> <p style="text-align: center;">Dinner</p> <p>Grilled Cheese Sandwich, Potatoes Chips & Tomato Soup</p> <p style="text-align: center;">Soup & Desserts of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Grilled Hot Dogs, Potato Salad & Watermelon</p> <p style="text-align: center;">Dinner</p> <p>Chicken Cub Salad & Flaky Dinner Roll</p> <p style="text-align: center;">Soup & Dessert of the Day</p>
17	18	19	20	21	22	23
<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Cranberry Apple Walnut Salad, Chicken Noodle Soup & Breadsticks</p> <p style="text-align: center;">Dinner</p> <p>Open Face Roast Beef Sandwich, Fresh Fruit & Potato Chips</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Hot Breakfast Lunch</p> <p>Puff Pastry Chicken Pot Pie & Hawaiian Bun</p> <p style="text-align: center;">Dinner</p> <p>Beef Au Juice Panini, French Fries Fresh Fruit</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Teriyaki Salmon, Roasted Potatoes & Carrots</p> <p style="text-align: center;">Dinner</p> <p>Italian Pasta Salad, Fresh Fruit & Cooks Choice of Soup</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Grilled Polish Sausage with Marinara Sauce on Rigatoni Pasta & Breadsticks</p> <p style="text-align: center;">Dinner</p> <p>Fresh Berry Salad, Breadsticks & Homemade Soup</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Waffle Breakfast Lunch</p> <p>Baked Fried Chicken, Baked Beans & Summer Fresh Coleslaw</p> <p style="text-align: center;">Dinner</p> <p>Homemade Goulash, Breadsticks & Watermelon Slice</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Roasted Pork Loin with Apple Sauce, Sweet Mashed Potatoes & Vegetables</p> <p style="text-align: center;">Dinner</p> <p>Fish Sandwich with Tartar Sauce, Onion Rings & Melon Slice</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Beef Stroganoff on Egg Noodle & Vegetables</p> <p style="text-align: center;">Dinner</p> <p>Pancake with Bananas & Blueberries, Breakfast Sausage</p> <p style="text-align: center;">Soup & Dessert of the Day</p>
24	25	26	27	28	29	30
<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Italian Sausage Lasagna, Caesar Salad & Garlic Toast</p> <p style="text-align: center;">Dinner</p> <p>Chicken Broccoli Stir Fry on Brown Rice</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Hot Breakfast Lunch</p> <p>Chicken Breast with Cranberry Glaze, Mashed Potatoes & Vegetables</p> <p style="text-align: center;">Dinner</p> <p>Ham Cheese & Lettuce Sliders, Potato Chips & Fresh Fruit</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Sloppy Joes on a Bun, Potato Salad & Fresh Fruit</p> <p style="text-align: center;">Dinner</p> <p>Pork Stew & Fresh Baked Bread</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Beef Pot Roast & French Baguette</p> <p style="text-align: center;">Dinner</p> <p>Chicken Pasta Salad, Dinner Roll & Fresh Fruit</p> <p style="text-align: center;">Soup & Desserts of the Day</p>	<p style="text-align: center;">Hot Breakfast Lunch</p> <p>Potatoes Crusted Cud, Tartar Sauce, Rice Pilaf & Grilled Zucchini</p> <p style="text-align: center;">Dinner</p> <p>Chicken Ala King on Buttermilk Biscuit & Fresh Strawberries</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Chicken Stir Fry on Jasmine Rice & Egg Roll</p> <p style="text-align: center;">Dinner</p> <p>Ham Cheddar Cheese, Lettuce, Tomato Sandwich, Potato Chips & Fresh Fruit</p> <p style="text-align: center;">Soup & Dessert of the Day</p>	<p style="text-align: center;">Continental Breakfast Lunch</p> <p>Homemade Goulash, Caesar Salad & Breadsticks</p> <p style="text-align: center;">Dinner</p> <p>Teriyaki Chicken Wings & Triangle Potatoes</p> <p style="text-align: center;">Soup & Dessert of the Day</p>