

Cardigan Ridge Senior Living Menu January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1-Jan
Breakfast Continental Breakfast Lunch Honey Glazed Ham, Au Gratin Potatoes & Vegetables Dinner Three Cheese Quiche, Crispy Bacon & Fresh Fruit Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Potatoes Crust Tilapia Creamy Pease Risotto Roasted Asparagus Dinner Italian Sausage Gravy on Buttermilk Biscuit, Fresh Fruit Soup & Dessert of the Day					Breakfast Continental Breakfast Lunch Salisbury Steak & Gravy, Egg Noodle, Sweet Pease Dinner Turkey Cheddar, Lettuce & Tomato Sandwich & Potatoes Chips Soup & Dessert off the Day
2	3	4	5	6	7	8
Breakfast Continental Breakfast Lunch Savory Pot Roast, Mashed Potatoes & Gravy, Baby Carrots. Dinner Chicken Wild Rice Soup, French Bread & Fresh Fruit. Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Teriyaki Salmon, Jasmine Rice & Grilled Zucchini Dinner Pepperoni Pizza, Harvest Salad with Apples Walnuts, Cranberry & Dinner Roll Soup & Dessert of the Day	Continental Breakfast Hot Breakfast Lunch Slow Roasted BBQ Chicken, Baked Beans & Apple Coleslaw Dinner Tuna Salad on Mix Greens, Flaky Dinner Roll & Fresh Strawberries Soup & Desserts of the Day	Breakfast Continental Breakfast Lunch Beef Stroganoff on Buttered Egg Noodle, Roasted Cauliflower Dinner Ham Spread on a Fresh Baked Croissant, Multigrain Chips & Watermelon Slice Soup & Dessert of the Day	Breakfast Waffle Breakfast Lunch Sun Dried Tomato Chicken Penne Pasta, Grilled Vegetables & Hawaiian Bun Dinner Slow Roasted BBQ Pork on Brioche Bun & Creamy Coleslaw. Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch California Burger Lettuce, Tomato, French Fries & Fresh Fruit Dinner Homemade Chicken Dumpling Soup, Dinner Roll & Fresh Fruit Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Swedish Meatballs over Mashed Potatoes, Green Beans Almondine Dinner Grilled Chicken Cobb Salad, Flaky Dinner Roll Soup & Dessert of the Day
9	10	11	12	13	14	15
Breakfast Continental Breakfast Lunch BBQ Chicken Thighs, Roasted Red Potatoes & Vegetables, Dinner Belgian Waffle with Strawberries, Breakfast Sausage. Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Homemade Meatloaf w Gravy, Stuffing & Buttered Corn Dinner Three Cheese Ravioli with Marinara Sauce, Garlic Breadsticks Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch: Grilled Pork Chops with Scalloped Apples, Mashed Potatoes w Gravy Dinner Grilled Ham & Swiss Sandwich, Potato Chips, Tomato Basil Soup Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch: Baked Bolognese Bowtie Pasta, Garden Salad & Breadsticks Dinner Broiled Walleye, Soft Shell Tacos, Mango Lime Rice & Refried Beans Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch: Chicken Peppers and Onion with Creamy Sauce, Yellow Rice & Hawaiian Roll Dinner Garden Fresh Vegetable Quiche, Arugula, Pear & Pecan Salad Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Beer Butter Cud, Steak Fries & Creamy Coleslaw Dinner Turkey & Ham Sliders, Roasted Carrots with Butter & Brown Sugar, Multigrain Chips Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Tater Tot Hot Dish & Dinner Roll. Dinner Grilled Chicken Caesar Salad, Flaky Dinner Roll & Fresh Fruit Soup & Dessert of the Day
16	17	18	19	20	21	22
Breakfast Continental Breakfast Lunch Ham and Cheese Potatoes Casserole, Mix vegetables & Dinner Roll Dinner Beef Au juice, Homemade Potatoes Salad & Watermelon Slice. Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Dinner Roast Turkey, Mashed Potatoes & Gravy, Green Beans & Cranberry Relish Grilled Cheese Sandwich, Potato Chips & Tomato Sou Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Soft Shell Tacos, Lettuce Tomato, Cheese, Sour Cream & Spanish Rice Dinner Chicken Ala King on Buttermilk Biscuit & Fresh Fruit Soup & Dessert of the day	Breakfast Continental Breakfast Lunch Italian Sausage Lasagna, Garden Salad w Italian Dressing, Garlic Breadsticks Dinner Homemade Chicken Chili, Corn Muffin & Fresh Fruit Salad Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Grilled Chicken Breast, Lettuce, Tomato on a Brioche Bun, Steak Fries & Fresh Fruit. Dinner Meatballs with Teriyaki Sauce on Jasmine Rice, Fresh Pineapple Slice Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch BBQ Country Style Ribs, Baked Potatoes with Cheese & Sour Cream, Honey Glazed Carrots Dinner Egg Salad Sandwich, Multigrain Chips, Fresh Fruit & Cookie. Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Chicken Kiev, Rice Pilaf, Sauteed Vegetables Dinner Roast Beef Swiss Sandwich, Pasta Salad, Fresh Fruit & Cookie. Soup & Dessert of the Day
23	24	25	26	27	28	29
Breakfast Continental Breakfast Lunch Baked Macaroni & Cheese Topped with Crispy Bacon, Dinner Roll Dinner Ham and Cheese Egg Bake, Triangle Potatoes & Fresh Strawberries. Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Three Cheese Lasagna, Mix Greens Salad & Toast. Dinner Chicken Dumpling Soup, French Baguette & Fresh Fruit. Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Fried Shrimp on Alfredo Pasta & Garden Salad. Dinner Chicken Tenders, Ketchup & Mustard Onion Rings & Watermelon Slice Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Beef Broccoli Stir Fry, Jasmine Rice & Egg Roll. Dinner Italian Pasta Salad, Fresh Baked Bread. Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Rosemary Roasted Pork Loin with Gravy, Sweet Mashed Potatoes & Escalloped Apples. Dinner Polish Sausage Peppers & Onion Jambalaya, Corn Muffin. Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Grilled Chicken Salad, Breadsticks & Homemade Soup. Dinner Peperoni Pizza & Fresh Fruit Salad. Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Grilled Polish Kielbasa, Roasted Potatoes & Carrots Dinner Chicken Stew on Buttermilk Biscuit Fresh Fruit Soup & Dessert of the Day