

# Cardigan Ridge Senior Living Menu January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Ham & Potatoes Casserole, Sauteed Vegetables & Hawaiian Bun <b>Dinner</b> Chicken BLT Salad, Breadsticks & Homemade Soup.  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Puff Pastry Chicken Pot Pie & Hawaiian Bun <b>Dinner</b> Beef Au Juice Panini, French Fries & Cookie  Soup & Dessert of the Day	<b>Breakfast</b> Continental Breakfast <b>Lunch</b> BBQ Country Style Ribs, Twice Baked Potatoes & Vegetables <b>Dinner</b> Homemade Chili, Fresh Baked Rye Bread & Fresh Fruit  Soup & Desserts of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Grilled Shrimp on Alfredo Fettucine Pasta & Asparagus <b>Dinner</b> Homemade Corn Chowder Soup, Fresh Baked Bread & Fresh Fruit  Soup & Dessert of the Day	<b>Breakfast</b> <b>Waffle Breakfast</b> <b>Lunch</b> Baked Turkey, Mashed Potatoes, Gravy, Green Beans & Cranberry Relish <b>Dinner</b> Three Cheese Quiche, Triangle Potatoes & Fresh Fruit  Soup & Dessert of the Day	<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Grilled Polish Sausage with Peppers, Onion & Potatoes <b>Dinner</b> Asian Sesame Chicken Salad, Focaccia Bread Slice  Soup & Dessert of the Day	<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Baked Chicken Thighs, Mashed Potatoes, Gravy & Buttered Corn <b>Dinner</b> Egg Salad on Fresh Baked Croissant Pasta Salad & Fresh Fruit  Soup & Dessert of the Day
8	9	10	11	12	13	14
<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Crab Cakes, Mashed Potatoes, Gravy & Grilled Zucchini <b>Dinner</b> Chef Salad, Breadsticks & Chef Choice Soup  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Garlic Rosemary Flank Steak, Homemade Sour Cream Butter Mashed Potatoes & Roasted Asparagus <b>Dinner</b> Grilled Rachel Sandwich, Potatoes Chips Tomato Basil Soup  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch:</b> <b>Autumn Apple Chicken on Jasmine Rice &amp; Fresh Baked Dinner Roll</b> <b>Dinner</b> Hearty Beef & Vegetable Soup Baked Rye Bread & Carrots Bars  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch:</b> Baked Bolognese Bowtie Pasta, Garden Salad & Breadsticks <b>Dinner</b> Green Berry Salad Topped with Feta Cheese Baguette Slice  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> <b>Chicken Kiev Escalloped Potatoes &amp; Mix Vegetables</b> <b>Dinner</b> Ham Salad on Leaf Lettuce, Pta Bread & Fresh Fruit  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Taco Salad with Tomato, Cheese, Sour Cream, Salsa &amp; Honey Butter Cornbread</b> <b>Dinner</b> Scandinavian Stew on Buttermilk Biscuit & Fresh Fruit  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Tater Tot Hot Dish &amp; Dinner Roll.</b> <b>Dinner</b> French Toast Strawberries & Bananas & Crispy Bacon  Soup & Dessert of the Day
15	16	17	18	19	20	21
<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Baked Ham with Pineapple, Au Gratin Potatoes & Sweet Pease <b>Dinner</b> BBQ Beef Sandwich, Homemade Potatoes Salad & Watermelon Slice.  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Beer Butter Cod, Roasted Potatoes & Creamy Coleslaw <b>Dinner</b> Chicken Ala King on Puff Pastry & Fresh Fruit  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Roast Turkey, Sweet Mashed Potatoes, Green Beans & Cranberry Relish <b>Dinner</b> Ham & Cheese Sliders, Fresh Fruit & Beer Cheese Soup  Soup & Dessert of the day	<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Grilled Chicken Breast Lettuce, Tomato & Cheese on Brioche Bun, Steak Fries <b>Dinner</b> Slow Cooked Pork Stew, Buttermilk Biscuit & Ice Cream  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Homemade Lasagna, Caesar Salad & Garlic Breadsticks <b>Dinner</b> Chicken Quesadilla, Spanish Baked Beans & Corn Chips  Soup & Dessert of the Day	<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Teriyaki Meatballs on Jasmine Rice & Sauteed Vegetables <b>Dinner</b> Sub Sandwich Ham & Turkey, Lettuce, Tomato & Cheese, Chips & Fresh Fruit  Soup & Dessert of the Day	<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Chicken Chow Main on Brown Rice, Fried Egg Roll & Ice Cream <b>Dinner</b> Hot Dogs on a Bun, French Fries & Fruit Salad  Soup & Dessert of the Day
22	23	24	25	26	27	28
<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Baked Macaroni & Cheese Topped with Crispy Bacon, Dinner Roll <b>Dinner</b> Ham and Cheese Egg Bake, Triangle Potatoes & Fresh Strawberries  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> Puff Pastry Chicken Pot Pie & Hawaiian Bun <b>Dinner</b> <b>Beef Au Juice Panini, French Fries Fresh Fruit</b>  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Teriyaki Salmon, Roasted Potatoes &amp; Carrots</b> <b>Dinner</b> <b>Italian Pasta Salad, Fresh Fruit &amp; Cooks Choice of Soup</b>  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Grilled Polish Sausage with Marinara Sauce on Rigatoni Pasta &amp; Breadsticks</b> <b>Dinner</b> Fresh Berry Salad, Breadsticks & Homemade Soup  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> <b>Baked Fried Chicken, Baked Beans &amp; Summer Fresh Coleslaw</b> <b>Dinner</b> Homemade Goulash, Breadsticks & Watermelon Slice  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Roasted Pork Loin with Apple Sauce, Sweet Mashed Potatoes &amp; Vegetables</b> <b>Dinner</b> <b>Fish Sandwich with Tartar Sauce, Onion Rings &amp; Melon Slice</b>  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> Salisbury Steak on Egg Noodle & Vegetables <b>Dinner</b> Belgian Waffle, Bananas & Blueberries, Breakfast Sausage  Soup & Dessert of the Day
29	30	31				
<b>Breakfast</b> Continental Breakfast <b>Lunch</b> Italian Sausage Lasagna, Caesar Salad & Garlic Toast <b>Dinner</b> Chicken Broccoli Stir Fry on Lo Mein Noodle  Soup & Dessert of the Day	<b>Breakfast</b> <b>Hot Breakfast</b> <b>Lunch</b> BBQ Country Style Ribs, Potato Salad & Watermelon Slice <b>Dinner</b> Roast Beef & Swiss on Fresh Baked Croissant, Potato Chips & Fruit  Soup & Dessert of the Day	<b>Breakfast</b> <b>Continental Breakfast</b> <b>Lunch</b> <b>Teriyaki Salmon, Roasted Potatoes &amp; Carrots</b> <b>Dinner</b> <b>Italian Pasta Salad, Fresh Fruit &amp; Cooks Choice of Soup</b>  Soup & Dessert of the Day				