



**October 2018**  
**SeniorCare Experts**  
**145 Thierman Lane, 40207**  
**502-896-2316**



**PLEASE CALL/MAIL/FAX OR EMAIL YOUR MENU AS SOON AS POSSIBLE**

**YOUR NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_**

**Circle ONE drink option for the week: MILK skim, 1%, 2% JUICE: Apple, Cranberry, or Orange  
 MIGHTY SHAKE: Chocolate, Vanilla, Strawberry OR Sugar Free**

	<b>MONDAY 10/01/18</b>	<b>TUESDAY 10/02/18</b>	<b>WEDNESDAY 10/03/18</b>	<b>THURSDAY 10/04/18</b>	<b>FRIDAY 10/05/18</b>
<b>OPTION 1</b>	Fried Chicken Oven Fried Potatoes Spinach Wheat Dinner Roll Dessert of the Day	Meatloaf Mashed Potatoes Parslied Carrots Wheat Roll Dessert of the Day	Italian Meat Sauce Spaghetti Italian Vegetables Garlic Bread Dessert of the Day	Chicken Fried Steak Country Gravy Mashed Potatoes Lima Beans Biscuit Dessert of the Day	Chicken & Herbed Dumplings Green Beans Wheat Roll Dessert of the Day
<b>OPTION 2</b>	Salisbury Steak Macaroni & Cheese Brussel Sprouts Wheat Roll Dessert of the Day	BBQ Chicken Corn on the Cob Italian Cut Green Beans Dinner Roll Dessert of the Day	Apple Pork Chop New Potatoes Seasoned Peas Dinner Roll Dessert of the Day	Baked Salmon w/Honey Bourbon Sauce Mashed Red Skin Potatoes Asparagus Spears Wheat Roll Dessert of the Day	Lasagna Tossed Salad Garlic Bread Dessert of the Day
<b>BREAKFAST</b>	Scrambled Eggs Sausage/Bacon Hash brown Potatoes English Muffin Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Breakfast Gravy & Biscuit Cereal of Choice*	Scrambled Eggs Sausage/Bacon Breakfast Gravy & Biscuit Petite Cinnamon Roll Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuit Cereal of Choice*

**DO YOU WANT FROZEN MEALS ON THE WEEKEND? IF SO, CIRCLE 1 OR 2 DAYS PER WEEKEND. (TO BE DELIVERED FRIDAY)**

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	<b>MONDAY 10/08/18</b>	<b>TUESDAY 10/09/18</b>	<b>WEDNESDAY 10/10/18</b>	<b>THURSDAY 10/11/18</b>	<b>FRIDAY 10/12/18</b>
<b>OPTION 1</b>	Fried Chicken Scalloped Potatoes Spinach Wheat Dinner Roll Dessert of the Day	Baked Glazed Ham Baked Sweet Potato Asparagus Biscuits Dessert of the Day	Beef & Vegetable Stir Fry Brown Rice Egg Roll Wheat Bread Dessert of the Day	Sloppy Joe on Bun Baked Beans Buttered Corn Dessert of the Day	Pork Roast Au Gratin Potatoes Broccoli Wheat Bread Dessert of the Day
<b>OPTION 2</b>	Hot Roast Beef Sandwich w/ Gravy Mashed Potatoes Green Peas w/ Pearl Onions Dessert of the Day	Breaded Chicken on a Bun Macaroni & Cheese Three Bean Salad Dessert of the Day	Tomato Bisque BLT Sandwich Cucumber Onion Salad Dessert of the Day	Bratwurst Boiled Potatoes Sauerkraut Wheat Roll Dessert of the Day	Lemon Pepper Chicken Mashed Potatoes Green Peas Wheat Bread Dessert of the Day
<b>BREAKFAST</b>	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Cinnamon Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Breakfast Potatoes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage/Bacon Donut Cereal of Choice*

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\*CEREAL CHOICES ARE CHEERIOS, FROSTED FLAKES OR RAISIN BRAN



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	<b>MONDAY 10/15/18</b>	<b>TUESDAY 10/16/18</b>	<b>WEDNESDAY 10/17/18</b>	<b>THURSDAY 10/18/18</b>	<b>FRIDAY 10/19/18</b>
<b>OPTION 1</b>	Fried Chicken Parsley Potatoes Seasoned Carrots Wheat Dinner Roll Dessert of the Day	Beef Pot Roast Summer Squash Wheat Roll Dessert of the Day	Braised Beef Brisket Garlic Mashed Potatoes Seasoned Peas Wheat Roll Dessert of the Day	Salmon Patty Macaroni & Cheese Broccoli Casserole Wheat Roll Dessert of the Day	Lasagna Italian Vegetables Garlic Bread Dessert of the Day
<b>OPTION 2</b>	Chicken & Dumplings Green Beans Biscuit Dessert of the Day	Grilled Lemon Pepper Fish Hushpuppies Broccoli Casserole Dessert of the Day	Baked Potato Soap Tuna Fish on Croissant Dessert of the Day	BBQ Pork Potato Salad Baked Beans Wheat Roll Dessert of the Day	Sliced Turkey Mashed Red Potatoes & Gravy Creamed Peas Sliced Bread Dessert of the Day
<b>BREAKFAST</b>	Scrambled Eggs Sausage/Bacon English Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Petite Cinnamon Roll Cereal of Choice*	Scrambled Eggs Sausage/Bacon Hash Brown Potatoes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Apple Danish Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*

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	<b>MONDAY 10/22/18</b>	<b>TUESDAY 10/23/18</b>	<b>WEDNESDAY 10/24/18</b>	<b>THURSDAY 10/25/18</b>	<b>FRIDAY 10/26/18</b>
<b>OPTION 1</b>	Fried Chicken Mashed Potatoes & Gravy Broccoli Wheat Dinner Roll Dessert of the Day	Meatloaf Buttermilk Mashed Potatoes Boiled Cabbage Sliced Bread Dessert of the Day	Breaded Tilapia Mashed Red Skin Potatoes Broccoli Casserole Wheat Roll Dessert of the Day	Grilled Ham Slices Baked Sweet Potato Seasoned Asparagus Wheat Roll Dessert of the Day	Baked Chicken Baked Sweet Potato Creamed Spinach Wheat Roll Dessert of the Day
<b>OPTION 2</b>	Beef Tips w/ Gravy Rice Seasoned Zucchini Wheat Roll Dessert of the Day	Baked Spaghetti Tossed Salad Garlic Breadstick Dessert of the Day	Chicken Livers Scalloped Potatoes Collard Greens Sliced Bread Dessert of the Day	Chicken Alfredo Pasta Almond Buttered Broccoli Garlic Bread Dessert of the Day	Roast Beef w/ Gravy Buttermilk Mashed Potatoes Seasoned Carrots Dessert of the Day
<b>BREAKFAST</b>	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuit Cereal of Choice*	Scrambled Eggs Sausage/Bacon All Bran Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Brown Sugar Coffee Cake Cereal of Choice*

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	<b>MONDAY 10/29/18</b>	<b>TUESDAY 10/30/18</b>	<b>WEDNESDAY 10/31/18</b>	<b>THURSDAY 11/01/18</b>	<b>FRIDAY 11/02/18</b>
<b>OPTION 1</b>	Fried Chicken Scalloped Potatoes Seasoned Peas Wheat Dinner Roll Dessert of the Day	Italian Sausage Sautéed Onions & Peppers Mashed Potatoes Sauerkraut Dessert of the Day	Apricot Glaze Baked Ham Sweet Potatoes Seasoned Broccoli Wheat Roll Dessert of the Day	BBQ Beef Potato Salad Cole Slaw Biscuit Dessert of the Day	Herbed Pork Loin Calico Rice Brussel Sprouts Wheat Bread Dessert of the Day
<b>OPTION 2</b>	Stuffed Pepper Casserole Corn O' Brien Breadstick Dessert of the Day	Hamburger on Bun w/Lettuce & Tomato Dutch Potato Salad Baked Beans Dessert of the Day	Fried Fish Herbed Rice Pacific Blend Vegetables Whole Wheat Roll Dessert of the Day	Veal Parmesan Penne Pasta Sautéed Zucchini Wheat Roll Dessert of the Day	Roast Beef w/ Gravy Buttermilk Mashed Potatoes Stewed Tomatoes Glazed Carrots Dessert of the Day
<b>BREAKFAST</b>	Scrambled Eggs Sausage/Bacon Hash brown Potatoes Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon English Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon All Bran Muffin Cereal of Choice*

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