



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



PLEASE CALL/MAIL/FAX OR EMAIL YOUR MENU AS SOON AS POSSIBLE **Circle here for**
YOUR NAME _____ ADDRESS _____ **FISH OPTION**

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

	MONDAY 03/05/18	TUESDAY 03/06/18	WEDNESDAY 03/07/18	THURSDAY 03/08/18	FRIDAY 03/09/18
OPTION 1	Fried Chicken Whipped Potatoes w/ Gravy Green Bean Casserole Dinner Roll Dessert of the Day	Beef Pot Pie Buttermilk Biscuit Fresh Broccoli Dessert of the Day	Swiss Steak w/Gravy Red Skin Potatoes Mixed Vegetables Whole Wheat Dinner Roll Dessert of the Day	Grilled Ham Slices Candied Yams Seasoned Asparagus Sliced Wheat Bread Dessert of the Day	Honey Mustard Chicken Roasted Potatoes Green Beans Sliced Wheat Bread Dessert of the Day
OPTION 2	Roast Beef w/ Gravy Scalloped Potatoes Lima Beans Sliced Wheat Bread Dessert of the Day	Baked Spaghetti Tossed Salad Garlic Breadstick Dessert of the Day	Loaded Potato Soup Saltines Philly Steak w/Swiss Cheese Pasta Salad Dessert of the Day	American Goulash Italian Blend Vegetables Whole Wheat Dinner Roll Dessert of the Day	Beef Tips w/Gravy Buttered Noodles Fresh Carrots Whole Wheat Dinner Roll Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Glazed Donuts Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon English Muffin Oatmeal Cereal of Choice*

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

Please note: Kitchen has the right to make alterations to the daily menus. Every effort is made to maintain original choices and specific requests.

Call 502-896-2316 Fax 502-896-2399 Email: dherriford@srcareexperts.org

*CEREAL CHOICES ARE CHEERIOS, FROSTED FLAKES OR RAISIN BRAN



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	MONDAY 03/12/18	TUESDAY 03/13/18	WEDNESDAY 03/14/18	THURSDAY 03/15/18	FRIDAY 03/16/18
OPTION 1	Fried Chicken Garlic Mashed Potatoes Fresh Green Beans Dinner Roll Dessert of the Day	Chicken Piccata Buttered Bowtie Pasta Seasoned Peas Whole Wheat Dinner Roll Dessert of the Day	Roast Turkey Cornbread Stuffing Glazed Carrots Whole Wheat Dinner Roll Dessert of the Day	BBQ Beef Brisket Potato Salad Capri Blend Vegetables Sliced Wheat Bread Dessert of the Day	Herbed Pork Loin Pilaf Rice Grilled Zucchini Sliced Wheat Bread Dessert of the Day
OPTION 2	Stuffed Pepper Casserole Cream Style Corn Buttermilk Biscuit Dessert of the Day	Hamburger –Bun, Lettuce & Tomato Cole Slaw Baked Beans Dessert of the Day	Broccoli Cheddar Soup Saltine Crackers Chicken Salad-Croissant Italian Pasta Salad Dessert of the Day	Chicken Pesto Penne Pasta Stewed Tomatoes Whole Wheat Dinner Roll Dessert of the Day	Vegetable Soup Saltine Crackers Roast Beef Sandwich— Lettuce & Tomato Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hashbrowns Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon French Toast Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon English Muffin Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Oatmeal Cereal of Choice*

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	MONDAY 03/19/18	TUESDAY 03/20/18	WEDNESDAY 03/21/18	THURSDAY 03/22/18	FRIDAY 03/23/18
OPTION 1	Fried Chicken Macaroni & Cheese Brussel Sprouts Whole Wheat Bread Dessert of the Day	Salmon Patty Oven Fried Potatoes Spinach Soufflé Whole Wheat Dinner Roll Dessert of the Day	Country Fried Steak Country Gravy Mashed Potatoes Lima Beans Sliced Wheat Bread Dessert of the Day	Garlic Pepper Pork Strips Red Skin Potatoes Cabbage Whole Wheat Dinner Roll Dessert of the Day	BBQ Chicken Corn on the Cob Seasoned Green Beans Whole Wheat Dinner Roll Dessert of the Day
OPTION 2	Navy Bean Soup Ham & Swiss Sandwich Lettuce & Tomato Pasta Salad Dessert of the Day	Pork Roast w/Bun Baked Beans Potato Salad Dessert of the Day	Turkey Stir Fry Fried Rice Veggie Egg Roll Whole Wheat Dinner Roll Dessert of the Day	Meatloaf w/ Brown Gravy Garlic Mashed Potatoes Baby Carrots Sliced Wheat Bread Dessert of the Day	Vegetable Lasagna Tossed Salad Ranch or Italian Dressing Garlic Bread Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hash browns English Muffin Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Cinnamon Roll Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Oatmeal Cereal of Choice*

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	MONDAY 03/26/18	TUESDAY 03/27/18	WEDNESDAY 03/28/18	THURSDAY 03/29/18	FRIDAY 03/30/18
OPTION 1	Chicken Fried Chicken Scalloped Potatoes Fresh Spinach Wheat Dinner Roll Dessert of the Day	Fried Catfish Stewed Tomatoes Fried Okra Sliced Wheat Bread Dessert of the Day	Italian Spaghetti w/Meat Sauce Capri Vegetables Garlic Bread Dessert of the Day	Sloppy Joe on Bun Buttered Corn Baked Beans Dessert of the Day	Pork Roast Au Gratin Potatoes Broccoli Wheat Bread Dessert of the Day
OPTION 2	Country Ham & Bean Soup Southern Fried Cabbage Fried Potatoes Cornbread Muffin Dessert of the Day	Chicken Cordon Bleu Creamy Chicken Sauce Mashed Red Potatoes Glazed Carrots Dessert of the Day	Chicken Cacciatore Pilaf Rice Green Peas Wheat Bread Dessert of the Day	Corned Beef Boiled Potatoes Sauerkraut Wheat Dinner Roll Dessert of the Day	Turkey Reuben Cucumber Onion Salad Tomato Bisque Soup Saltines Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon French Toast Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Cinnamon Toast Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Oatmeal Cereal of Choice*	Scrambled Eggs Sausage/Bacon Cinnamon Roll Oatmeal Cereal of Choice*

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