



January 2019
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**

	MONDAY 01/07/19	TUESDAY 01/08/19	WEDNESDAY 01/09/19	THURSDAY 01/10/19	FRIDAY 01/11/19
OPTION 1	Baked Chicken w/ Stuffing & Gravy Vegetable Medley Dinner Roll Dessert of the Day	Pineapple Cherry Glazed Ham Sweet Potatoes Green Beans Dinner Roll Dessert of the Day	Chili w/Spaghetti Pimento Cheese Sandwich Caesar Salad Dessert of the Day	Pork Loin w/Gravy Rosemary Roasted Potatoes Brussel Sprouts Dessert of the Day	Fried Fish Stewed Tomatoes Green Beans Dessert of the Day
OPTION 2	Ham & Bean Soup Scalloped Potatoes Steamed Cabbage Corn Muffin Dessert of the Day	Baked Ziti Italian Blend Vegetables Garlic Toast Dessert of the Day	BBQ Brisket Potato Salad Cole Slaw Dessert of the Day	Minestrone Soup w/Crackers Ham & Swiss Sandwich Pasta Salad Dessert of the Day	Chicken Pot Pie w/ Biscuit Broccoli & Cauliflower Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hash brown Potatoes Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon Donut 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 01/14/19	TUESDAY 01/15/19	WEDNESDAY 01/16/19	THURSDAY 01/17/19	FRIDAY 01/18/19
OPTION 1	Fried Chicken Maple Roasted Sweet Potatoes Broccoli Corn Muffin Dessert of the Day	Broccoli Cheese Soup Turkey Sandwich Spring Mix Salad Dessert of the Day	Country Fried Steak w/Gravy Mashed Potatoes Lima Beans Dessert of the Day	BBQ Riblet on Bun Baked Beans Cole Slaw Dessert of the Day	Fried Fish Stewed Tomatoes Green Beans Dessert of the Day
OPTION 2	Salisbury Steak Baked Potato Peas Buttered Corn Dessert of the Day	Smothered Pork Chops Seasoned Rice Creamed Peas Dessert of the Day	Baked Salmon w/Dill Sauce Fingerling Potatoes Asparagus Dessert of the Day	Chicken & Dumplings Seasoned Greens Black Eyed Peas Biscuit Dessert of the Day	Chicken Pot Pie w/Biscuit Broccoli & Cauliflower Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hash brown Potatoes Danish Cereal of Choice*	Scrambled Eggs Sausage/Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Cinnamon Roll Cereal of Choice*	Scrambled Eggs Sausage/Bacon Donut Cereal of Choice*

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	MONDAY 01/21/19	TUESDAY 01/22/19	WEDNESDAY 01/23/19	THURSDAY 01/24/19	FRIDAY 01/25/19
OPTION 1	NO DELIVERIES OFFICE CLOSED DUE TO THE MLK HOLIDAY	Baked Potato Soup Grilled Ham & Cheese Sandwich Tossed Salad Dessert of the Day	Turkey & Gravy Corn Pudding Mixed Vegetables Dinner Roll Dessert of the Day	Spaghetti w/Meat Sauce Broccoli Garlic Breadsticks Dessert of the Day	Fried Fish Fillet Macaroni & Cheese Green Beans Hush Puppies Dessert of the Day
OPTION 2	NO DELIVERIES OFFICE CLOSED DUE TO THE MLK HOLIDAY	Swedish Meatballs Egg Noodles Peas & Carrots Dessert of the Day	Beef Stir Fry w/ Rice Egg Roll Dessert of the Day	Polish Sausage w/Peppers & Onions Red Skin Diced Potatoes Sauerkraut Dessert of the Day	Roast Beef w/ Gravy Garlic Mashed Potatoes Lima Beans Dessert of the Day
BREAKFAST	NO DELIVERIES OFFICE CLOSED DUE TO THE MLK HOLIDAY	Scrambled Eggs Sausage/Bacon Hash Brown Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon English Muffin Cereal of Choice*

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	MONDAY 01/28/19	TUESDAY 01/29/19	WEDNESDAY 01/30/19	THURSDAY 01/31/19	FRIDAY 02/01/19
OPTION 1	Fried Chicken Mashed Potatoes Green Bean Casserole Dessert of the Day	Hamburger Deluxe On Bun Macaroni Salad Baked Apples Dessert of the Day	Vegetable Soup Roast Beef Sandwich Pickled Beet Salad Dessert of the Day	Pulled BBQ Pork Baked Beans Cole Slaw Dessert of the Day	Baked Fish Rosemary Potatoes Asparagus Dinner Roll Dessert of the Day
OPTION 2	Stuffed Peppers Corn o'Brien Spinach Breadstick Dessert of the Day	Tuna Salad on Croissant Cup of Soup Cucumber Onion Salad Fresh Fruit Cup	Meatloaf W/Gravy Mashed Potatoes Cabbage Corn Muffin Dessert of the Day	Chicken Parmesan w/ Pasta Italian Blend Vegetables Garlic Toast Dessert of the Day	Beef Stroganoff Peas & Carrot Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scones Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*

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