



May 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**

	MONDAY 05/07/18	TUESDAY 05/08/18	WEDNESDAY 05/09/18	THURSDAY 05/10/18	FRIDAY 05/11/18
OPTION 1	Chicken Fried Chicken Seasoned Peas Scalloped Potatoes Wheat Dinner Roll Dessert of the Day	Beef Burgundy Buttered Noodles Glazed Carrots Wheat Roll Dessert of the Day	Roast Turkey 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
OPTION 2	Stuffed Pepper Casserole Corn O'Brien Breadstick Dessert of the Day	Hamburger on Bun French Fries Lettuce/Tomato Dessert of the Day	Broccoli Cheddar Soup Chicken Salad Sandwich Veggie Pasta Salad Dessert of the Day	Veal Parmesan Penne Pasta Stewed Tomatoes Wheat Dinner Roll Dessert of the Day	Vegetable Soup w/ Crackers Roast Beef Sandwich Steak Fries 3 Bean Salad Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hashbrown 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*

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 05/14/18	TUESDAY 05/15/18	WEDNESDAY 05/16/18	THURSDAY 05/17/18	FRIDAY 05/18/18
OPTION 1	Chicken Fried Chicken Oven Fried Potatoes Spinach Wheat Dinner Roll Dessert of the Day	Meatloaf Mashed Potatoes Parslied Carrots Wheat Roll Dessert of the Day	Spaghetti w/ Italian Meat Sauce 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 Herbed Green Beans Wheat Roll Dessert of the Day
OPTION 2	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	Pork Roast on Bun Baked Beans Cole Slaw Dessert of the Day	Meatball Hoagie Steak Fries Country Cabbage Dessert of the Day	Lasagna Tossed Salad Garlic Bread Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hashbrown Potatoes Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Breakfast Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon Petite Cinnamon Roll Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuit Cereal of Choice*

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	MONDAY 05/21/18	TUESDAY 05/22/18	WEDNESDAY 05/23/18	THURSDAY 05/24/18	FRIDAY 05/25/18
OPTION 1	Chicken Fried Chicken Scalloped Potatoes Spinach Wheat Dinner Roll Dessert of the Day	Country Ham & Beans Southern Style Green Beans Cornbread Dessert of the Day	Beef Stir Fry Brown Rice Wheat Bread Dessert of the Day	Sloppy Joe on Bun French Fries Marinated Vegetable Salad Dessert of the Day	Pork Roast Au Gratin Potatoes Broccoli Wheat Bread Dessert of the Day
OPTION 2	Hot Roast Beef Sandwich w/ Gravy Buttermilk Mashed Potatoes Five Way Mixed Vegetables Dessert of the Day	Breaded Chicken on Bun Macaroni & Cheese 3 Bean Salad Dessert of the Day	Tuscany Tomato Bisque BLT Sandwich on Wheat Cucumber Onion Salad Dessert of the Day	Bratwurst Boiled Potatoes Sauerkraut Wheat Roll Dessert of the Day	Anniversary Chicken Mashed Potatoes Green Peas Wheat Bread Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Cinnamon Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Cheese Toast on Wheat 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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	MONDAY 05/28/18	TUESDAY 05/29/18	WEDNESDAY 05/30/18	THURSDAY 05/31/18	FRIDAY 06/01/18
OPTION 1	Chicken 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 Steak Fries Seasoned Peas Wheat Bread Dessert of the Day	Salmon Patty Macaroni & Cheese Capri Blend Vegetables Whole Wheat Roll Dessert of the Day	Lasagna Italian Vegetables Garlic Bread Dessert of the Day
OPTION 2	Chicken & Dumplings Green Beans Biscuit Dessert of the Day	Beef Vegetable Soup Ham Sandwich on Wheat Garden Pasta Salad Dessert of the Day	Cheddar Baked Potato Soup Creamed Tuna Pea Salad Croissant Dessert of the Day	BBQ Pork Potato Salad Baked Beans Dessert of the Day	Sliced Turkey Mashed Red Potatoes Fresh Gravy Creamed Peas Sliced Bread Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon English Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Petite Cinnamon Roll Cereal of Choice*	Scrambled Eggs Sausage/Bacon Hashbrown Potatoes Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Apple Danish Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*

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