



**November 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 11/05/18</b>	<b>TUESDAY 11/6/18</b>	<b>WEDNESDAY 11/07/18</b>	<b>THURSDAY 11/08/18</b>	<b>FRIDAY 11/09/18</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)**

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



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	<b>MONDAY 11/12/18</b>	<b>TUESDAY 11/13/18</b>	<b>WEDNESDAY 11/14/18</b>	<b>THURSDAY 11/15/18</b>	<b>FRIDAY 11/16/18</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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Call 502-896-2316 Fax 502-896-2399 Email: [dherriford@srcareexperts.org](mailto:dherriford@srcareexperts.org)

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



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	<b>MONDAY 11/19/18</b>	<b>TUESDAY 11/20/18</b>	<b>WEDNESDAY 11/21/18</b>	<b>THURSDAY 11/22/18</b>	<b>FRIDAY 11/23/18</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	Turkey & Dressing w/Gravy Green Bean Casserole Yams w/Marshmallows Cranberry Sauce Dinner Roll Dessert of the Day	Happy Thanksgiving <b>No Meal Deliveries</b> IF MEALS ARE NEEDED PLEASE ORDER FROZEN OR EXTRA MEALS EARLIER IN THE WEEK	Office Closed <b>No Meal Deliveries</b> IF MEALS ARE NEEDED PLEASE ORDER FROZEN OR EXTRA MEALS EARLIER IN THE WEEK
<b>OPTION 2</b>	Chicken & Dumplings Green Beans Biscuit Dessert of the Day	Grilled Lemon Pepper Fish Hushpuppies Broccoli Casserole Dessert of the Day	Roast Beef w/ Gravy Mashed Potatoes Vegetable Medley Wheat Bread Dessert of the Day	Happy Thanksgiving <b>No Meal Deliveries</b> IF MEALS ARE NEEDED PLEASE ORDER FROZEN OR EXTRA MEALS EARLIER IN THE WEEK	Office Closed <b>No Meal Deliveries</b> IF MEALS ARE NEEDED PLEASE ORDER FROZEN OR EXTRA MEALS EARLIER IN THE WEEK
<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*	Happy Thanksgiving <b>No Meal Deliveries</b> IF MEALS ARE NEEDED PLEASE ORDER FROZEN OR EXTRA MEALS EARLIER IN THE WEEK	Office Closed <b>No Meal Deliveries</b> IF MEALS ARE NEEDED PLEASE ORDER FROZEN OR EXTRA MEALS EARLIER IN THE WEEK

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	<b>MONDAY 11/26/18</b>	<b>TUESDAY 11/27/18</b>	<b>WEDNESDAY 11/28/18</b>	<b>THURSDAY 11/29/18</b>	<b>FRIDAY 11/30/18</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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