



**SeniorCare
Experts**
Helping Seniors Live Independently

**November 2021
SeniorCare Experts
502-896-2316**



CALL IN your NOVEMBER MEAL CHOICES to the OFFICE NUMBER ABOVE.

Meals are ordered for the NEXT week by **1:00 PM on THURSDAY** - 48 hrs. notice required for meals (+ or -)

ONE drink choice allowed per OPTION LINE: MILK: Skim 1% 2% JUICE: Apple Cranberry Orange

<i>Circle the entire meal you want & add # if more than one meal is being requested</i> OPTION 1 Drink Choice: _____	MONDAY 11/1/21	TUESDAY 11/2/21	WEDNESDAY 11/3/21	THURSDAY 11/4/21	FRIDAY 11/5/21
OPTION 2 Drink Choice: _____	Rye Bread Grilled Bratwurst Sauerkraut German Potato Salad Rye w/Mustard Jell-O Parfait	Chicken & Broccoli w/Alfredo Sauce over Fettuccini Roasted Carrots Garlic Bread Fruit Cup	Chicken & Dumpling Soup Chicken Salad Lettuce, Tomato Wheat Bread Brownie	Fresh Baked Vegetable Egg Quiche Garden Salad w/ Ranch Pumpkin Pie	Beef Burger w/Grilled Mushrooms & Swiss Oven Roasted Potatoes Creamy Slaw Wheat Bun Carrot Cake
BREAKFAST CEREAL CHOICES: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN Drink Choice: _____	Scrambled Eggs Sausage OR Bacon Strawberry Muffin Cereal of Choice	Scrambled Eggs Sausage OR Bacon Fruit Cup Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon French Toast w/ syrup Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

Do you want weekend meals? These are chef's choice only to be delivered on FRIDAY. Please tell us how many you want here. # _____



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	<p>Meatloaf Red-skinned Mashed Potatoes Seasoned Lima Beans Wheat Roll Chocolate Pudding Dump Cake</p>	<p>Sweet & Sour Pork w/Peppers & Onions White Rice Vegetable Egg Roll Yellow Cake w/Choc Icing</p>	<p>Ground Round Steak w/Mushroom Gravy Hash Brown Casserole Garden Salad w/Ranch Wheat Bread Fresh Baked Cookie</p>	<p>Baked Chicken Breast w/Gravy Baked Sweet Potato Green Beans Wheat Roll Fruit Cup</p>	<p>BBQ Atlantic Salmon Buttered Noodles Roasted Asparagus Wheat Roll Jell-O Parfait</p>
<p>OPTION 2 Drink Choice:</p> <hr/>	<p>Chicken Fingers Mac & Cheese Sweet Slaw Wheat Roll Chocolate Pudding Dump Cake</p>	<p>Hearty Beef Stew w/White Potatoes, Carrots, Peas Wheat Roll Yellow Cake w/Choc Icing</p>	<p>Tuna Salad Lettuce & Tomato Italian Pasta Salad Wheat Bread Fresh Baked Cookie</p>	<p>Cobb Salad w/Turkey, Ham, Cheese, Tomatoes, Onion, Croutons, & Ranch Dressing Fruit Cup</p>	<p>Cheese Ravioli with Chunky Tomato Sauce Garden Salad w/Italian dressing Garlic Bread Jell-O Parfait</p>
<p>BREAKFAST CEREAL CHOICES: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN Drink Choice:</p> <hr/>	<p>Scrambled Eggs Sausage OR Bacon Blueberry Muffin Cereal of Choice*</p>	<p>Scrambled Eggs Sausage OR Bacon Danish Cereal of Choice*</p>	<p>Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*</p>	<p>Scrambled Eggs Sausage OR Bacon Fruit Cup Cereal of Choice*</p>	<p>Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*</p>

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OPTION 1 Drink Choice: _____	Baked Ham Steak Broccoli Casserole Baked Cinnamon Apples Wheat Roll Brownie	Chicken Milano over Fettuccine/w <i>(some garlic in cream sauce)</i> Fresh Sauteed Spinach Garlic Bread Jell-O Parfait	Grilled Chicken & Cheese Quesadilla Rice & Black Beans Shredded Lettuce & Sour Cream Fruit Cup	Meatballs Stroganoff Over Egg Noodles Broccoli Florets Wheat Bun Apple Pie	Lemon Pepper Baked Cod over Brown Rice w/ Seasoned Brussel Sprouts Dinner Roll Cream Pie
OPTION 2 Drink Choice: _____	Shredded BBQ Pork Mayo Egg Potato Salad Baked Beans Wheat Bun Brownie	KY Hot Brown (Turkey over Toast, Slices of Tomato, Bacon w/ Light Cheese Sauce) Garden Salad w/Ranch Jello Parfait	Beef (Vegetable) Noodle Soup Garden Salad w/ Ranch Dressing Fruit Cup	Grilled Italian Sausage w/Sweet Peppers, Squash and Onions over White Rice Seasoned Peas Wheat Roll Apple Pie	Chicken & Dumplings Seasoned Peas & Carrots Waldorf Salad Cream Pie
BREAKFAST CEREAL CHOICES: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN Drink Choice: _____	Scrambled Eggs Sausage OR Bacon Blueberry Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Hash Browns Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Fruit Cup Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Gravy Cereal of Choice*

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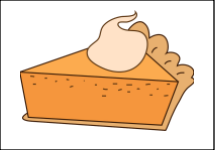
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	<p>Meatloaf Buttermilk Mashed Potatoes Sweet Peas Wheat Roll Chocolate Pudding Dump Cake</p>	<p>Fried Fish Tartar Sauce Cheesy Hash Brown Casserole Broccoli Florets Wheat Bread Fruit Cup</p>	<p>Roasted Turkey & Gravy w/Sage Dressing, Green Beans, Cranberry Relish, Dinner Roll Pumpkin Pie</p>	<p>NO</p> 	<p>Delivery</p> 
<p>OPTION 2 Drink Choice: _____</p>	<p>BBQ Shredded Chicken Mayo Potato Salad Wheat Bun Chocolate Pudding Dump Cake</p>	<p>Bean Soup w/Crackers Ham on Rye Lettuce, American Cheese and Mayo Fruit Cup</p>	<p>Shaved Roast Beef Lettuce, Tomato Oven Roasted Potatoes, Mustard, Mayo & Hoagie Bun Pumpkin Pie</p>	<p>HAPPY</p>	<p>THANKSGIVING!</p>
<p>BREAKFAST CEREAL CHOICES: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN Drink Choice: _____</p>	<p>Scrambled Eggs Sausage OR Bacon Pancakes Cereal of Choice*</p>	<p>Scrambled Eggs Sausage OR Bacon Fruit Cup Cereal of Choice*</p>	<p>Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*</p>	<p>OFFICE</p>	<p>CLOSED</p>

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OPTION 1 Drink Choice: _____	Crispy Fried Chicken Breast Au Gratin Potatoes Green Beans Chocolate Pudding Dump Cake	Baked Pork Loin w/gravy, Sweet Potato Casserole Sautéed Spinach Dinner Roll Fruit Cup	Beef & Cheese Lasagna Garden Salad w/Ranch Dressing, Garlic Bread Brownie	Stir Fried Chicken w/Brown Rice Peppers, Onions Vegetable Egg Roll Soy Sauce Packet Iced Spice Cake	Salmon Patty w/Tartar Sauce Packet Seasoned Carrots Italian Pasta Salad Corn Muffin Banana Pudding
OPTION 2 Drink Choice: _____	Beef Chili w/Cheese, Onions, Crackers Macaroni Salad Chocolate Pudding Dump Cake	Cobb Salad w/Turkey, Ham, Cheese, Tomatoes, Onion, Croutons, & Ranch Dressing Fruit Cup	Chicken Dumpling Soup Chicken Salad Lettuce, Tomato Croissant Brownie	Corned Beef Buttermilk Mashed Potatoes Sauerkraut Rye Bread w/Mustard Iced Spice Cake	Baked Chicken Breast w/Gravy over Steamed Brown Rice Vegetable Medley Corn Muffin Banana Pudding
BREAKFAST CEREAL CHOICES: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN Drink Choice: _____	Scrambled Eggs Sausage OR Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Fruit Cup Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Croissant Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice

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