



msego@srcareexperts.org

October 2021

SeniorCare Experts
145 Thierman Lane 40207
502-896-2316



PLEASE email, fax or call in your menu ASAP! Meals are ordered for the NEXT week by 1:00 PM THURSDAY's!
PRINT YOUR NAME HERE _____

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

FRIDAY 10/1/21	MONDAY 10/4/21	TUESDAY 10/5/21	WEDNESDAY 10/6/21	THURSDAY 10/7/21	FRIDAY 10/8/32
Fried Cod Filet Tartar Sauce Creamy Mac & Cheese Sweet Slaw Wheat Bread Spice Cake	Spaghetti w/Meat Sauce Garden Salad w/Italian Dressing Garlic Bread Jell-O Parfait	Grilled Bratwurst Sauerkraut German Potato Salad Rye Bread Fruit Cup	Soft Taco Meal Beef, Black Beans & Rice, Roasted Corn Lettuce, Cheese, Sauce, Tortillas Brownie	Baked Turkey Tetrazzini w/Pasta, Peas & Carrots Wheat Roll Pumpkin Pie	Cracker Crumb Baked Cod Wild Rice Pilaf Green bean Almondine Wheat Roll Carrot Cake
Beef Chili w/Beans, Cheese, Onions, Crackers Creamy Macaroni Salad Spice Cake	Turkey & Ham w/Swiss, Lettuce, Tomato & Mayo Bowtie Pasta Salad Rye Bread 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
Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of 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. # _____



**SeniorCare
Experts**

Helping Seniors Live Independently

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<p><i>Circle the entire meal you want & add # if more than one meal is being requested</i></p> <p>OPTION 1 Drink Choice: _____</p>	<p>MONDAY 10/11/21</p>	<p>TUESDAY 10/12/21</p>	<p>WEDNESDAY 10/13/21</p>	<p>THURSDAY 10/14/21</p>	<p>FRIDAY 10/15/21</p>
<p>OPTION 2 Drink Choice: _____</p>	<p>Chicken Fingers Oven Roasted Potatoes Cucumber Onion Salad 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>	<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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<i>Circle the entire meal you want & add # if more than one meal is being requested</i>	MONDAY 10/18/21	TUESDAY 10/19/21	WEDNESDAY 10/20/21	THURSDAY 10/21/21	FRIDAY 10/22/21
OPTION 1 Drink Choice: _____	KY Hot Brown (Turkey over Toast, Slices of Tomato, Bacon w/ Light Cheese Sauce) Garden Salad w/Ranch 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	Baked Ham Steak Broccoli Casserole Baked Cinnamon Apples Wheat Roll Jello Parfait	Grilled Turkey Burger Lettuce, Tomato & Mayo Bowtie Pasta Salad Wheat Bun Fruit Cup	Broccoli & Cheese Soup Garden Salad w/ Ranch Dressing Crackers 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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<i>Circle the entire meal you want & add # if more than one meal is being requested</i> OPTION 1 Drink Choice: _____	MONDAY 10/25/21 Crispy Fried Chicken Breast Baked Sweet Potato Seasoned Green Beans Chocolate Pudding Dump Cake	TUESDAY 10/26/21 Baked Pork Loin w/gravy, Creamy Scalloped Potatoes Baby Lima Beans Dinner Roll Fruit Cup	WEDNESDAY 10/27/21 Beef & Cheese Lasagna Garden Salad w/Ranch Dressing, Garlic Bread Brownie	THURSDAY 10/28/21 Stir Fried Chicken w/Brown Rice Peppers, Onions Vegetable Egg Roll Soy Sauce Packet Iced Spice Cake	FRIDAY 10/29/21 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 Creamy Macaroni Salad Chocolate Pudding Dump Cake	Cobb Salad w/Turkey, Ham, Cheese, Tomatoes, Onion, Croutons, & Ranch Dressing Fruit Cup	Creamy Broccoli Soup Chicken Salad Lettuce, Tomato Croissant Brownie	Corned Beef Buttermilk Mashed Potatoes Seasoned Peas 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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