

MGOSLING@SRCAREEXPERTS.ORG

September 2021
SeniorCare Experts
145 Thierman Lane, 40207
502-896-2316



FAX # 502- 896-2399

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

<i>Circle the entire meal you want & add # if more than one meal is being requested</i> OPTION 1 Drink Choice: _____	MONDAY 9/6/21 LABOR DAY HOLIDAY NO MEAL DELIVERIES	TUESDAY 9/7/21 Roasted Pork Loin Au Gratin Potatoes Seasoned Peas Dinner Roll Melon Cup	WEDNESDAY 9/8/21 Soft Taco Meal Beef, Black Beans & Rice, Roasted Corn Lettuce, Cheese, Sauce, Tortillas Brownie	THURSDAY 9/9/21 Baked Turkey Tetrazzini w/pasta, peas & carrots Garlic Bread Pumpkin Pie	FRIDAY 9/10/32 Cracker Crumb Baked Cod Wild Rice Pilaf Green bean Almondine Wheat Roll Carrot Cake
OPTION 2 Drink Choice: _____		Chicken Alfredo w/Pasta & Broccoli Wheat Roll Melon 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 Melon 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><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 9/13/21 Meatloaf Buttermilk Mashed Potatoes Sweet Peas Wheat Roll Chocolate Pudding Dump Cake</p>	<p>TUESDAY 9/14/21 Sweet & Sour Pork w/Peppers & Onions White Rice Vegetable Egg Roll Strawberry Cake</p>	<p>WEDNESDAY 9/15/21 Ground Round Steak w/ Mushroom Gravy Hash Brown Casserole Salad & Ranch Melon Cup</p>	<p>THURSDAY 9/16/21 Baked Chicken Breast w/Gravy over Steamed Brown Rice Vegetable Medley Wheat Roll Fresh Baked Cookie</p>	<p>FRIDAY 9/17/21 BBQ Atlantic Salmon Mediterranean Orzo Roasted Asparagus Wheat Roll Jello Parfait</p>
<p>OPTION 2 Drink Choice: _____</p>	<p>Chicken Fingers Oven Roasted Potatoes Cucumber Onion Salad Chocolate Pudding Dump Cake</p>	<p>Pot Roast w/gravy Cheesy Grits Roasted Zucchini Wheat Roll Strawberry Cake</p>	<p>Tuna Salad Lettuce & Tomato Italian Pasta Salad Wheat Bread Melon Cup</p>	<p>Cobb Salad w/Turkey, Ham, Cheese, Tomatoes, Onion, Croutons, & Ranch Dressing Fresh Fruit Cup Fresh Baked Cookie</p>	<p>Cheese Ravioli with Chunky Tomato Sauce Garden Salad w/Ranch dressing Garlic Bread Jello Parfait</p>

BREAKFAST CEREAL CHOICES: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN Drink Choice: <hr/>	Scrambled Eggs Sausage OR Bacon Blueberry Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Fresh Fruit Cup Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage 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: <hr/>	MONDAY 9/20/21 KY Hot Brown Garden Salad w/Ranch Berry Pie	TUESDAY 9/21/21 Chicken Milano over Fettuccine/w Grilled Summer Squash & Carrots Jello Parfait <i>(some garlic in cream sauce)</i>	WEDNESDAY 9/22/21 Grilled Chicken & Cheese Quesadilla Rice & Black Beans Shredded Lettuce & Sour Cream Fruit Cup	THURSDAY 9/23/21 Meatballs Stroganoff Over Egg Noodles Broccoli Florets Wheat Bun Apple Pie	FRIDAY 9/24/21 Lemon Pepper Baked Cod Brown Rice Fresh Sauteed Spinach Dinner Roll Cream Pie
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<p>OPTION 2 Drink Choice:</p> <hr/>	<p>Shredded BBQ Pork Mayo Egg Potato Salad Baked Beans Wheat Bun Berry Pie</p>	<p>Baked Ham Steak Broccoli Casserole Baked Cinnamon Apples Wheat Roll Jello Parfait</p>	<p>Grilled Turkey Burger Lettuce, Tomato & Mayo Bowtie Pasta Salad Wheat Bun Fruit Cup</p>	<p>Broccoli & Cheese Soup Garden Salad w/ Ranch Dressing Crackers Apple Pie</p>	<p>Chicken & Dumplings w/Chunky vegetables Waldorf Salad Cream Pie</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 Home Fries 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>Scrambled Eggs Sausage OR Bacon Biscuits & Gravy Cereal of Choice*</p>

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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 9/27/21 Crispy Fried Chicken Breast Baked Sweet Potato Seasoned Green Beans Chocolate Pudding Dump Cake</p>	<p>TUESDAY 9/28/21 Baked Pork Loin w/gravy, Creamy Scalloped Potatoes Baby Lima Beans Dinner Roll Melon Cup</p>	<p>WEDNESDAY 9/29/21 Beef & Cheese Lasagna Garden Salad w/Ranch Dressing, Garlic Bread Brownie</p>	<p>THURSDAY 9/30/21 Stir Fried Chicken w/Brown Rice Peppers, Onions Vegetable Egg Roll Soy Sauce Packet Banana Pudding</p>	<p>FRIDAY 10/1/21 Not planned at this time</p>
<p>OPTION 2 Drink Choice: _____</p>	<p>Sloppy Joe Beef Glazed Carrots Seasoned Peas Wheat Bun Chocolate Pudding Dump Cake</p>	<p>Cobb Salad w/Turkey, Ham, Cheese, Tomatoes, Onion, Croutons, & Ranch Dressing Melon Cup</p>	<p>Creamy Broccoli Soup Chicken Salad Lettuce, Tomato Croissant Brownie</p>	<p>Corned Beef German Potato Salad Sauerkraut Rye Bread w/ Mustard Banana Pudding</p>	<p>Not planned at this time</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 Home Fries Cereal of Choice*</p>	<p>Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*</p>	<p>Scrambled Eggs Sausage OR Bacon Croissant Cereal of Choice*</p>	<p>Not planned at this time</p>
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