



**SeniorCare
Experts**
Helping Seniors Live Independently

January 2021

SeniorCare Experts

145 Thierman Lane, 40207

CALL (502) 896-2316 FAX (502) 896-2399



**Masterson's
CATERING**
Great Taste Runs in the Family.

PLEASE call/fax or email your menus ASAP. 48-hr notice required for all changes, add-ons or cancellations.

YOUR NAME _____ (Required HERE)

Circle EACH ENTIRE meal you want.

We can NOT substitute for individual items within a block.

If you want more than one meal, place a number in the block to tell us how many of that option you want for that day.

DRINK OPTIONS – one choice allowed per Option line below

JUICE: Apple Cranberry Orange

MILK: Skim, 1% OR 2%

PROTEIN DRINK: Chocolate Vanilla Strawberry
Regular OR Sugar Free

	MONDAY 1/11/21	TUESDAY 1/12/21	WED. 1/13/21	THURS. 1/14/21	FRIDAY 1/15/21
OPTION 1 Drink: _____	Meatloaf Mashed Red Potatoes Country Green Beans Dinner Roll Chocolate Pudding Dump Cake	Chicken Caciatore (Tomato Based Sauce) Squash Medley Mediterranean Orzo Dinner Roll Jello Parfait	Ground Round Steak Asparagus Roasted Potatoes Dinner Roll Fresh Fruit Cup	Vegetable Lasagna (White Alfredo Sauce) Tossed Garden Salad Garlic Bread Peach Crisp	Chicken Stir Fry Fried Rice Steamed Broccoli Dinner Roll Cookie
OPTION 2 Drink: _____	Tomato Soup Ham & Benedictine Sandwich on Wheat Fresh Fruit Cup	Bourbon Glazed Pork Sweet Potatoes Cole Slaw Wheat Bun Jell-O Parfait	Cheddar & Broccoli Soup Roast Beef Sandwich on Rye Bread Fresh Fruit Cup	BBQ Pulled Chicken Potato Salad Peas & Carrots Wheat Bun Peach Crisp	Tilapia with Creamy Dill Sauce Cheese Grits Glazed Carrots Dinner Roll Cookie
BREAKFAST Cheerios, Raisin Bran or Frosted Flakes Drink: _____	Scrambled Eggs Sausage OR Bacon Pancakes 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 Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

DO YOU WANT FROZEN MEALS DELIVERED TO HOLD YOU OVER FOR THE WEEKEND?

IF SO, ENTER # OF MEALS DESIRED _____ FOR WEEKEND. (These will be "chef's choice" and they will be delivered ON FRIDAY)

Please note: Kitchen has the right to make changes to the daily menus when necessary, but every effort is made to maintain original choices and your specific needs.



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	MONDAY 1/18/21	TUESDAY 1/19/21	WED. 1/20/21	THURS. 1/21/21	FRIDAY 1/22/21
OPTION 1 Drink: _____	Fried Chicken with Sawmill gravy Collard Greens Skillet Potatoes Corn Muffin Spice Cake	Chicken & Dumplings Seasoned Peas Cucumber Salad Dinner Roll Chocolate Brownie	Lasagna with Meat Sauce French Green Beans Garlic Breadstick Apple Cobbler	Italian Sausage & Peppers Herbed Cauliflower Breadstick Banana Pudding	BBQ Atlantic Salmon Roasted Corn Seasoned Green Beans Dinner Roll Fresh Fruit Cup
OPTION 2 Drink: _____	Beef Burger on Bun w/ Lettuce & Tomato Brown Sugar Beans Creamy Potato Salad Spice Cake	Chicken Salad w/Croissant Cucumber Salad Fresh Fruit Cup Chocolate Brownie	Tuna Noodle Casserole Sauteed Spinach Apple Cobbler	Beef Vegetable Soup Turkey Club Sandwich Crackers Fresh Fruit Banana Pudding	Ky Hot Brown with Broccoli & Tomatoes Tossed Garden Salad Fresh Fruit Cup
BREAKFAST Cheerios, Raisin Bran or Frosted Flakes Drink: _____	Scrambled Eggs Sausage OR Bacon Pancakes 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 Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

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	MONDAY 1/25/21	TUESDAY 1/26/21	WED. 1/27/21	THURS. 1/28/21	FRIDAY 1/29/21
OPTION 1 Drink: _____	Roast Turkey & Red Mashed Potatoes Mixed Vegetables Dinner Roll Peach Cobbler	Chicken Tenders Home Fried Potatoes Green Beans Dinner Roll Pineapple	Sweet & Sour Pork Herbed Rice Pilaf Steamed Broccoli Dinner Roll Brownie	Spaghetti with meat sauce Italian Beans Garlic Breadstick Tropical Fruit	Tilapia with Orange Parsley Sauce Wild Rice Pilaf French Beans Dinner Roll Apple Pie
OPTION 2 Drink: _____	Hearty Beef Stew Turkey & Swiss Sandwich Peach Cobbler	Salisbury Steak Scalloped Potatoes Green Beans Dinner Roll Pineapple	Chicken Chili Pimento Cheese Sandwich Broccoli Salad Brownie	Chicken Florentine (Creamy white sauce) Parslied Cauliflower Sweet Potatoes Dinner Roll Tropical Fruit	Cheese Ravioli with Tomato Sauce Roasted Broccoli Glazed Carrots Dinner Roll Apple Pie
BREAKFAST Cheerios, Raisin Bran or Frosted Flakes Drink: _____	Scrambled Eggs Sausage OR Bacon Pancakes 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 Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

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