



**SeniorCare
Experts**
Helping Seniors Live Independently

June 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 5/31/21	TUESDAY 6/1/21	WED. 6/2/21	THURS. 6/3/21	FRIDAY 6/4/21
OPTION 1 Drink: _____	MEMORIAL DAY HOLIDAY NO DELIVERIES	Chicken Alfredo w/Pasta Broccoli Florets Garlic Bread Spice Cake	Soft Taco Meal Beef, Black Beans & Rice, Roasted Corn, Lettuce, Cheese, Tortillas & Sauce Fresh Fruit Parfait	Spaghetti w/Meat Sauce Italian Green Beans Garlic Bread Brownie	Fried Cod w/ Tartar Sauce Packet Mac & Cheese Slaw Wheat Bread Cherry Pie
OPTION 2 Drink: _____		Grilled Ham Steak Baked Sweet Potato Fresh Sauteed Spinach Dinner Roll Spice Cake	Chicken Florentine Roasted Cauliflower Rice Pilaf Dinner Roll Fresh Fruit Parfait	Vegetable Soup Chicken Salad Lettuce, Tomato w/Croissant Brownie	Pork Marsala Over Egg Noodles Seasoned Peas & Carrots Cherry Pie
BREAKFAST Cheerios, Raisin Bran or Frosted Flakes Drink: _____		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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OPTION 1 Drink: _____	Grilled Chicken Supreme Rice Pilaf Capri Blend Vegetables Roll Jello Parfait	Slow Roast Pork w/ Light Gravy Mashed Potatoes Asparagus Roll Cake	Ground Round Steak w/Mushroom Gravy Baked Potato Green Beans Dinner Roll Fresh Fruit Cup	Large Cobb Salad with Turkey, Ham, Cheese, Tomatoes, Onion, Croutons Ranch Dressing Fresh Fruit Cup Fresh Baked Cookie	Baked Tilapia w/Orange Sauce Mediterranean Orzo Roasted Broccoli Roll Cream Pie
OPTION 2 Drink: _____	Beef Chili Tossed Salad Ranch Dressing Cornbread Jello Parfait	Creamy Potato Soup Turkey & Swiss Lettuce, Tomato & Mayo w/Wheat Bread Broccoli Salad Cake	Ham Salad Lettuce & Tomato Sun Chips Cole Slaw Wheat Bread Fresh Fruit Cup	Vegetable Quiche Home Fries Fresh Fruit Cup Fresh Baked Cookie	Club Sandwich (Turkey, Ham & Swiss) Lettuce, Tomato & Mayo w/Wheat Bread Potato Salad Cream 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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	MONDAY 6/14/21	TUESDAY 6/15/21	WED. 6/16/21	THURS. 6/17/21	FRIDAY 6/18/21
OPTION 1 Drink: _____	Sweet & Sour Chicken w/Peppers, Onions and Pineapple White Rice Vegetable Egg Roll Brownie	Chicken & Noodle Casserole w/ Seasoned Peas & Carrots Cornbread Muffin Fresh Fruit Parfait	Eggplant Parmesan Pasta w/Red Sauce Tossed Garden Salad Ranch Dressing Garlic Bread Jello Parfait	Meatballs Stroganoff Over Egg Noodles Broccoli Florets Applesauce Cake	BBQ Atlantic Salmon Wild Rice Pilaf French Green Beans Dinner Roll Peach Cobbler
OPTION 2 Drink: _____	Shredded BBQ Pork w/Wheat Bun Baked Beans Creamy Potato Salad Brownie	French Onion Soup w/ Parmesan, Roast Beef w/Lettuce, Tomato & Mayo & Bun Fresh Fruit Parfait	Creamy Tuna Salad w/Bun Lettuce, Tomato & Mayo Broccoli Salad Sun Chips Jello Parfait	Corned Beef Mashed Potatoes Sauerkraut Applesauce Cake	Crispy Chicken Filet Roasted Potatoes Creamy Slaw Dinner Roll Peach Cobbler
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 6/21/21	TUESDAY 6/22/21	WED. 6/23/21	THURS. 6/24/21	FRIDAY 6/25/21
OPTION 1 Drink: _____	Meatloaf Mashed Red Potatoes Country Green Beans Dinner Roll Chocolate Pudding Dump Cake	Chicken Tenders Oven Roasted Potatoes Garden Salad w/Ranch Dinner Roll Jello Parfait	Roast Beef w/Mushroom Gravy Au Gratin Potatoes Baby Lima Beans Dinner Roll Cherry Cobbler	Chicken Cordon Bleu Creamy Mustard Sauce Mash Red Skin Potatoes Seasoned Peas Fresh Fruit	Chicken Stir Fry w/ Rice Steamed Broccoli Vegetable Egg Roll Soy Sauce Packet Apple Pie
OPTION 2 Drink: _____	Vegetable Soup Chicken Salad Lettuce, Tomato w/bun Chocolate Pudding Dump Cake	Beef Burger w/Cheddar Cheese, Lettuce, Tomato & Mayo Creamy Potato Salad Wheat Bun Jello Parfait	Tuna Noodle Casserole w/peas & carrots Sauteed Fresh Spinach Cherry Cobbler	Bourbon Glazed Pork Sweet Potatoes Cole Slaw Fresh Fruit	Salmon Patty Mac & Cheese Sweet Slaw Cornbread Muffin 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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	MONDAY 6/28/21	Tuesday 6/29/21	Wednesday 6/30	Thursday 7/1/21	Friday 7/2/21
OPTION 1 Drink: _____	Soft Taco Meal Beef, Black Beans, Rice, & Roasted Corn Lettuce, Cheese, Tortillas & Sauce Brownie	Large Cobb Salad with Turkey, Ham, Cheese, Tomatoes, Onion, Croutons Ranch Dressing Apple Cobbler	Meat & Cheese Lasagna Garden Salad Ranch Dressing Garlic Bread Fresh Fruit	Grilled Bratwurst w/ Mustard, Wheat Bun BBQ Baked Beans Macaroni Salad Cookie	Chicken Noodle Casserole w/Peas & Carrots Fresh Fruit Banana Pudding
OPTION 2 Drink: _____	Creamy Potato Soup Turkey & Swiss Lettuce, Tomato & Mayo w/Wheat Bread Brownie	Salisbury Steak w/mushroom gravy Baked Potato Broccoli Florets Roll Apple Cobbler	Creamy Broccoli Soup Tuna Salad Lettuce, Tomato & Wheat Bun Fresh Fruit	Crispy Chicken Filet Oven Roasted Potatoes Seasoned Green Beans Dinner Roll Cookie	Fried Cod w/ Tartar Sauce Packet Mac & Cheese Slaw Wheat Bread Banana Pudding
BREAKFAST Cheerios, Raisin Bran or Frosted Flakes Drink: _____	Scrambled Eggs Sausage OR Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage OR Bacon 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 Biscuits & Sausage Gravy Cereal of Choice*

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