



[MGOSLING@SRCAREEXPERTS.ORG](mailto:MGOSLING@SRCAREEXPERTS.ORG)

**March 2020**  
**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 on Friday mornings!**

**PRINT YOUR NAME HERE \_\_\_\_\_**

**Circle ONE drink option per week: MILK - Skim, 1%, 2% JUICE: Apple Cranberry or Orange**  
**MIGHTY SHAKE: Chocolate Vanilla Strawberry OR Sugar Free**

<b>Circle each meal you want</b>	<b>MONDAY 03/2/20</b>	<b>TUESDAY 3/3/20</b>	<b>WEDNESDAY 3/4/20</b>	<b>THURSDAY 3/5/20</b>	<b>FRIDAY 3/6/20</b>
<b>OPTION 1</b>	Pot Roast w/Small White Potatoes Carrots & Peas Dinner Roll Dessert of the Day	Stuffed Pepper Casserole Glazed Carrots Wheat Bread Dessert of the Day	Chicken & Vegetable Stir Fry w/Rice Egg Roll & Soy Sauce Dessert of the Day	Baked Pork Chop w/Gravy Mashed Potatoes Broccoli Wheat Bread Dessert of the Day	Honey Bourbon Salmon Rice Pilaf Brussel Sprouts Cornbread Dessert of the Day
<b>OPTION 2</b>	Ham & Bean Soup Grilled Bratwurst on Rye German Potato Salad Dessert of the Day	Minestrone Soup Tuna Salad w/ Wheat Bread Dessert of the Day	Ham & Swiss Cheese On Wheat Pasta Salad Fruit Cup as Dessert	Salisbury Steak w/ Gravy Mashed Potatoes Baby Lima Beans Dessert of the Day	Fried Chicken Tenders Oven Fried Potatoes Seasoned Green Beans Cornbread Dessert of the Day
<b>BREAKFAST CEREAL CHOICES ARE: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN</b>	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuit & Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*

**DO YOU WANT FROZEN MEALS ON THE WEEKEND? These are chef's choice only.**  
**Please tell us how many you want here. #\_\_\_\_\_ (TO BE DELIVERED FRIDAY)**

**Please note: Kitchen has the right to make alterations to the daily menus. However, every effort IS made to maintain original choices and specific requests.**



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<b>OPTION 1</b>	Fried Chicken Mashed Potatoes Collard Greens Country Gravy Biscuit Dessert of the Day	Meatloaf Scalloped Potatoes Spinach Wheat Bread Dessert of the Day	Seasoned Tilapia w/Creamy Dill Sauce Seasoned Green Beans Glazed Carrots Dessert of the Day	Lasagna Italian Blend Vegetables Garlic Bread Dessert of the Day	Fried Fish w/ Tartar Oven Fried Potatoes Sweet Slaw Wheat Bread Dessert of the Day
<b>OPTION 2</b>	Chicken & Dumplings Broccoli Dessert of the Day	Broccoli Cheese Soup Chicken Salad On Croissant Dessert of the Day	BBQ Riblett on Bun Macaroni Salad Sweet Slaw Dessert of the Day	Corned Beef Mashed Potatoes Sauerkraut Cornbread Dessert of the Day	Herbed Pork Loin Steamed Rice Seasoned Peas Dinner Roll Dessert of the Day
<b>BREAKFAST CEREAL CHOICES ARE: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN</b>	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*

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<b>OPTION 1</b>	Pot Roast w/ Small White Potatoes, Peas & Carrots Dessert of the Day	Baked Ham Au Gratin Potatoes Baby Lima Beans Dessert of the Day	Vegetable & Beef Stir Fry w/ Brown Rice Egg Roll Soy Sauce Packet Dessert of the Day	Salisbury Steak w/Gravy Mashed Potatoes Seasoned Green Beans Dessert of the Day	Fried Chicken Tenders Baked Beans Mayo/egg Potato Salad Dessert of the Day
<b>OPTION 2</b>	Baked Chicken Mac & Cheese Brussel Sprouts Dessert of the Day	Vegetable Beef Soup Pimento Cheese on Wheat Sandwich Dessert of the Day	Sweet Pepper, Tomato Cheese Bisque Tuna Salad on Croissant Fruit Cup as Dessert	Grilled Bratwurst on Rye w/ Mustard Packet German Potato Salad Dessert of the Day	Baked Cod Mashed Sweet Potatoes Spinach Souffle Wheat Bread Dessert of the Day
<b>BREAKFAST CEREAL CHOICES ARE: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN</b>	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage/Bacon English Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*

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<b>OPTION 1</b>	Fried Chicken Whipped Potatoes w/ Gravy Spinach Dinner Roll Dessert of the Day	Chicken & Dumplings Seasoned Peas Dessert of the Day	Baked Tilapia Red Skin Potatoes Mixed Vegetables Wheat Bread Dessert of the Day	Grilled Ham Slices Candied Yams Seasoned Asparagus Sliced Wheat Bread Dessert of the Day	Honey Mustard Chicken Roasted Potatoes Brussel Sprouts Sliced Wheat Bread Dessert of the Day
<b>OPTION 2</b>	Roast Beef w/ Gravy Scalloped Potatoes Seasoned Green Beans Sliced Wheat Bread Dessert of the Day	Loaded Potato Soup Tuna Salad on Croissant Lettuce & Tomato Slice Dessert of the Day	Minestrone Soup Philly Steak w/Swiss Cheese on Wheat Dessert of the Day	Spaghetti w/Meat Sauce Zucchini/Squash Blend Garlic Bread Fruit Cup as Dessert	Salmon Patty Buttered Noodles Succotash Whole Wheat Dinner Roll Dessert of the Day
<b>BREAKFAST CEREAL CHOICES ARE: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN</b>	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuit & gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*

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# March - April 2020

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<b>Circle each meal you want</b>	<b>MONDAY 03/30/20</b>	<b>TUESDAY 3/31/20</b>	<b>WEDNESDAY 4/1/20</b>	<b>THURSDAY 4/2/20</b>	<b>FRIDAY 4/3/20</b>
<b>OPTION 1</b>	Pot Roast w/Small White Potatoes Carrots & Peas Dinner Roll Dessert of the Day	Stuffed Pepper Casserole Glazed Carrots Wheat Bread Dessert of the Day	Chicken & Vegetable Stir Fry w/Rice Egg Roll & Soy Sauce Dessert of the Day	Baked Pork Chop w/Gravy Mashed Potatoes Broccoli Wheat Bread Dessert of the Day	Honey Bourbon Salmon Rice Pilaf Brussel Sprouts Cornbread Dessert of the Day
<b>OPTION 2</b>	Ham & Bean Soup Grilled Bratwurst on Rye German Potato Salad Dessert of the Day	Minestrone Soup Tuna Salad w/ Wheat Bread Dessert of the Day	Ham & Swiss Cheese On Wheat Pasta Salad Fruit Cup as Dessert	Salisbury Steak w/ Gravy Mashed Potatoes Baby Lima Beans Dessert of the Day	Fried Chicken Tenders Oven Fried Potatoes Seasoned Green Beans Cornbread Dessert of the Day
<b>BREAKFAST CEREAL CHOICES ARE: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN</b>	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuit & Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*

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