



September 2020
SeniorCare Experts
145 Thierman Lane, 40207
502-896-2316

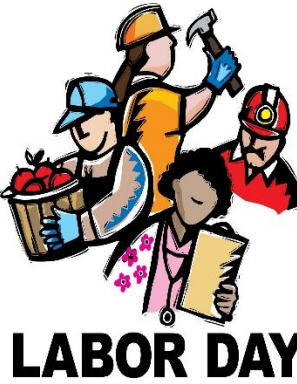


FAX # 502- 896-2399

PLEASE email, fax or call in your menu ASAP! Meals are ordered for the NEXT week by 10:30 am on Friday mornings!

PRINT YOUR NAME HERE _____

ONE drink choice allowed per OPTION LINE: MILK: Skim, 1%, 2% JUICE: Apple, Cranberry, Orange
 MIGHTY SHAKE: Chocolate, Vanilla, Strawberry Regular OR Sugar-free

<i>Circle the meal you want & put # if more than one is being requested</i>	MONDAY 9/7/20	TUESDAY 9/8/20	WEDNESDAY 9/9/20	THURSDAY 9/10/20	FRIDAY 9/11/20
OPTION 1 Drink Choice: _____	HOLIDAY NO DELIVERY	Meatloaf Scalloped Potatoes Baby Lima Beans Dinner Roll Dessert of the Day	Chicken Milano on Fettuccine w/ Asparagus spears Dinner Roll Cookie	St. Louis Style BBQ Ribs Mac & Cheese Broccoli Florets Dinner Roll Fruit Cup	Sicilian Chicken Casserole Baby Carrots Dinner Roll Dessert of the Day
OPTION 2 Drink Choice: _____		Grilled Pork Chop Seasoned Kale Greens Oven Fried Potatoes Dinner Roll Fruit Cup	Tuna Salad on Croissant Lettuce, Tomato Broccoli Cheese Soup Fruit Cup	Chicken Fried Steak Baked Sweet Potato Italian Green Beans Biscuit Dessert of the Day	Pimento Cheese Sandwich Lettuce & Tomato Vegetable Beef Soup Crackers Cookie
BREAKFAST CEREAL CHOICES: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN Drink Choice: _____		Scrambled Eggs Sausage or Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage or Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage or Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage or Bacon Biscuits & 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. # _____

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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<i>Circle the meal you want & put # if more than one is being requested</i> OPTION 1 Drink Choice: _____	MONDAY 9/14/20 Sweet & Sour Pork Sugar Snap Peas Fried Rice Vegetarian Egg Roll Orange Cake	TUESDAY 9/15/20 Lasagna Broccoli florets Garlic Bread Fruit Cup	WEDNESDAY 9/16/20 Pot Roast Oven Roasted Potatoes Baby Carrots Dinner Roll Homemade Cookie	THURSDAY 9/17/20 Smoked Brisket Seasoned Greens Potato Casserole Cornbread Dessert of the Day	FRIDAY 9/18/20 Fried Cod Squash Medley Hushpuppies Sliced Bread Dessert of the Day
OPTION 2 Drink Choice: _____	Chicken Salad on Wheat Lettuce, Tomato, Mayo Red Pepper Gouda Soup Fruit Cup	Fried Chicken Mashed Potatoes Green Peas Biscuit Dessert of the Day	Chicken Marsala Green beans Almandine Rice Pilaf Dinner Roll Dessert of the Day	Corned Beef German Potato Salad Sauerkraut Dessert of the Day	Cranberry-Glazed Turkey w/ Sage Stuffing Seasoned Peas & Carrots Dinner Roll Dessert of the Day
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 Hashed Brown Potatoes Cereal of Choice*	Scrambled Eggs Sausage or Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage or Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage or Bacon Danish Cereal of Choice*

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<i>Circle the meal you want & put # if more than one is being requested</i> OPTION 1 Drink Choice: _____	MONDAY 9/21/20 Chicken & Vegetable Stir Fry Garden Blend Rice Vegetarian Egg Roll Dessert of the Day	TUESDAY 9/22/20 Roast Turkey & Gravy Glazed Sweet Potatoes Peas & Pearl Onions Dinner Roll Dessert of the Day	WEDNESDAY 9/23/20 Spaghetti & Meat Sauce Squash Medley Garlic Bread Homemade Cookie	THURSDAY 9/24/20 Crispy Chicken Tenders Broccoli Florets Pasta Salad Dinner Roll Dessert of the Day	FRIDAY 9/25/20 Baked Tilapia w/dill Sauce Mixed Vegetables Garden Blend Rice Dinner Roll Dessert of the Day
OPTION 2 Drink Choice: _____	Hamburger on Bun Mac & Cheese Watermelon & Cucumber Salad Homemade Cookie	Hickory Smoked Ham Brussel Sprouts Cinnamon Apples Wheat Roll Dessert of the Day	Loaded Potato Soup Garden Salad Lite Ranch Packet Fruit Cup	Grilled Pork Chop Asparagus Spears Creamy Basil Potatoes Dinner Roll Dessert of the Day	Chicken & Cheese Quesadilla Shredded lettuce Diced tomatoes Rice & Beans Dessert of the Day
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 Scone Cereal of Choice*	Scrambled Eggs Sausage or Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage or Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage or Bacon Biscuits & Gravy Cereal of Choice*

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<i>Circle the meal you want & put # if more than one is being requested</i> OPTION 1 Drink Choice: _____	MONDAY 9/28/20 Pork Loin w/Bourbon Apples Au gratin Potatoes Broccoli Florets Dinner Roll Fruit Cup	TUESDAY 9/29/20 Chicken Cordon Bleu Asparagus Spears Rice Pilaf Dinner Roll Dessert of the Day	WEDNESDAY 9/30/20 Ribeye Steak Burgundy w/mushrooms Baked Potato Seasoned Peas Dinner Roll Cookie	THURSDAY 10/1/20 Pan Seared Lemon Fish Key Largo Vegetables Garden Blend Rice Dinner Roll Fruit Cup	FRIDAY 10/2/20 Fried Fish Filet Sandwich Baked Sweet Potato Coleslaw Dessert of the Day
OPTION 2 Drink Choice: _____	Chicken Salad Sandwich Lettuce & Tomato Vegetable Vegetarian Soup w/Crackers Cookie	Shredded BBQ Beef w/Bun Creamy Mayo Egg Potato Salad Sweet Slaw Dessert of the Day	Grilled Ham Steak Seasoned Greens Potato Casserole Cornbread Dessert of the Day	Manicotti Marinara Sautéed Fresh Vegetables Garlic Bread Dessert of the Day	Baked Mediterranean Chicken w/noodles Brussel Sprouts Dinner Roll Dessert of the Day
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 Hash brown Potatoes Cereal of Choice*	Scrambled Eggs Sausage or Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage or Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage or Bacon Danish Cereal of Choice*

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