



September 2019
SeniorCare Experts
145 Thierman Lane, 40207
502-896-2316



PLEASE CALL/MAIL/FAX OR EMAIL YOUR MENU AS SOON AS POSSIBLE Kitchen requires 48 hrs.+ notice!
YOUR NAME _____ ADDRESS _____

Circle ONE drink option for the week: **MILK:** Skim 1% 2% **JUICE:** Apple Cranberry Orange
MIGHTY SHAKE: Chocolate Vanilla Strawberry **Choose:** Regular Sugar Free

	MONDAY 9/2/19	TUESDAY 9/3/19	WEDNESDAY 9/4/19	THURSDAY 9/5/19	FRIDAY 09/6/19
OPTION 1	 LABOR DAY	Beef & Vegetable Soup, Crackers Ham Sandwich on Wheat w/Mayo packet Dessert of the Day	Braised Beef Brisket Mashed Sweet Potatoes Summer Squash Dinner Roll Dessert of the Day	Baked Ham Baked Sweet Potato Asparagus Wheat Roll Dessert of the Day	Lasagna Garden Salad Garlic Bread Dessert of the Day
OPTION 2	 Holiday	Chicken and Dumplings Green Beans Biscuit Dessert of the Day	Seasoned Tilapia Creamy Dill Sauce Grits with Cheese California Blend Vegetables Dessert of the Day	Roasted Turkey & Gravy Cheddar Mashed Potatoes Mixed Vegetables Cornbread Dessert of the Day	Bourbon Glazed Salmon Baked Potato Asparagus Dinner Roll Dessert of the Day
BREAKFAST	NO Deliveries	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon Donut 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, but every effort is made to maintain original choices and your specific requests.

Call 502-896-2316 Fax 502-896-2399 Email: meals@srcareexperts.org

*CEREAL CHOICES: CHEERIOS, FROSTED FLAKES OR RAISIN BRAN



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MASONIC HOMES
of
KENTUCKY

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Circle ONE drink option for the week: MILK- Skim 1% 2% JUICE- Apple Cranberry Orange
MIGHTY SHAKE: Chocolate Vanilla Strawberry Regular OR Sugar Free

	MONDAY 9/9/19	TUESDAY 9/10/19	WEDNESDAY 9/11/19	THURSDAY 9/12/19	FRIDAY 9/13/19
OPTION 1	Pot Roast Broccoli Dinner Roll Dessert of the Day	Meatloaf Vegetable Medley Mashed Potatoes Wheat Bread Dessert of the Day	Minestrone Soup Grilled Ham and Cheese Sandwich Crackers Dessert of the Day	Hamburger on bun Baked Beans Macaroni Salad Dessert of the Day	Honey Mustard Chicken Garden Rice Confetti Blend Vegetable Dinner Roll Dessert of the Day
OPTION 2	Tuna Salad on Croissant Wedding Soup Cucumber Onion Salad Fresh Fruit Cup Dessert of the Day	Chicken Noodle Casserole Seasoned Peas Dinner Roll Dessert of the Day	Baked Cod Rosemary Potatoes Green beans Dinner Roll Dessert of the Day	Garlic Pepper Pork Chop Succotash Roasted New Potato Dinner Roll Dessert of the Day	Roast Beef with Gravy Scalloped Potatoes Seasoned Carrots Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hash brown Potatoes Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon Donut Cereal of Choice*

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MIGHTY SHAKE: Chocolate, Vanilla, Strawberry - Regular OR Sugar Free

	MONDAY 9/16/19	TUESDAY 9/17/19	WEDNESDAY 9/18/19	THURSDAY 9/19/19	FRIDAY 9/20/19
OPTION 1	Fried Chicken Mashed Potatoes Collard Greens Country Gravy Dinner Roll Dessert of the Day	Beef Burgundy Buttered noodles Glazed carrots Wheat roll Dessert of the Day	Red Pepper Gouda Bisque Chicken Salad Sandwich Cucumber Onion Salad & Dessert	BBQ Beef on Bun Cole Slaw Potato Salad Dessert of the Day	Broccoli Cheese Soup Turkey Sandwich on Wheat Crackers Dessert of the Day
OPTION 2	Stuffed Pepper Casserole Corn O-Brien Breadstick Dessert of the Day	Fried fish Sweet potatoes Broccoli Tartar Sauce, Wheat bread & Dessert	Hamburger on bun Baked Beans Macaroni Salad Dessert of the Day	Chicken Parmesan Penne Pasta Broccoli Wheat Roll Dessert of the Day	Herbed Pork Loin Seasoned rice Brussel Sprouts Wheat bread Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hash brown Potatoes Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon Donut Cereal of Choice*

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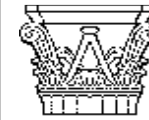
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MIGHTY SHAKE: Chocolate Vanilla Strawberry Regular OR Sugar Free

	MONDAY 9/23/19	TUESDAY 9/24/19	WEDNESDAY 9/25/19	THURSDAY 9/26/19	FRIDAY 9/27/19
OPTION 1	Pot Roast Summer Squash Wheat roll Dessert of the Day	Baked Potato Soup Tuna Salad on Croissant Crackers Dessert of the Day	Beef & Vegetable Stir Fry w/ Brown Rice Egg Roll Soy Sauce Dessert of the Day	Fried Chicken Tenders Corn Glazed Carrots Dessert of the Day	Pork Roast Scalloped Potatoes California Blend Vegetables Dessert of the Day
OPTION 2	Baked Chicken with Gravy Red Skin Mashed Potatoes Mixed Vegetables Dessert of the Day	Chicken Cordon Bleu Parmesan Potatoes Steamed Broccoli Dessert of the Day	Baked Ziti Italian Blend Vegetables Garlic Toast Dessert of the Day	Corned Beef Boiled Potatoes Sauerkraut Wheat roll Dessert of the Day	Fried Fish & Tartar Sauce Macaroni & Cheese Brussel Sprouts Wheat Bread Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hash brown Potatoes Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon Donut Cereal of Choice*

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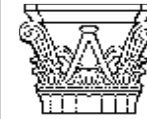
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	MONDAY 9/30/19	TUESDAY 10/1/19	WEDNESDAY 10/2/19	THURSDAY 10/3/19	FRIDAY 10/4/19
OPTION 1	Fried Chicken Mashed Potatoes Collard Greens Country Gravy Dessert of the Day	Beef & Vegetable Soup, Crackers Ham Sandwich on Wheat w/Mayo packet Dessert of the Day	Braised Beef Brisket Mashed Sweet Potatoes Summer Squash Dinner Roll Dessert of the Day	Baked Ham Baked Sweet Potato Asparagus Wheat Roll Dessert of the Day	Lasagna Garden Salad Garlic Bread Dessert of the Day
OPTION 2	BBQ Pulled Pork on Bun Baked Beans Cole Slaw Dessert of the Day	Seasoned Tilapia Creamy Dill Sauce Grits with Cheese California Blend Vegetables Dessert of the Day	Chicken and Dumplings Green Beans Biscuit Dessert of the Day	Roasted Turkey & Gravy Cheddar Mashed Potatoes Mixed Vegetables Cornbread Dessert of the Day	Bourbon Glazed Salmon Baked Potato Asparagus Dinner Roll Dessert of the Day
BREAKFAST	Scrambled Eggs Sausage/Bacon Hash brown Potatoes Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scone Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*	Scrambled Eggs Sausage/Bacon Donut Cereal of Choice*

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