



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

**PLEASE MAIL/FAX OR EMAIL YOUR MENU AS SOON AS POSSIBLE**

**YOUR NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_**

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

	<b>MONDAY 05/06/19</b>	<b>TUESDAY 05/07/19</b>	<b>WEDNESDAY 05/08/19</b>	<b>THURSDAY 05/09/19</b>	<b>FRIDAY 05/10/19</b>
<b>OPTION 1</b>	Baked Chicken w/ Gravy Red Skin Mashed Potatoes Mix Vegetables Dessert of the Day	Baked Potato Soup Grilled Ham & Cheese Sandwich Tossed Salad Dessert of the Day	Turkey & Gravy Corn Pudding Mixed Vegetables Dinner Roll Dessert of the Day	Spaghetti w/Meat Sauce Broccoli Garlic Breadsticks Dessert of the Day	Fried Fish Fillet Macaroni & Cheese Green Beans Hush Puppies Dessert of the Day
<b>OPTION 2</b>	Sloppy Joe on a Bun Corn on the Cob Glazed Carrots Dessert of the Day	Swedish Meatballs Egg Noodles Peas & Carrots Dessert of the Day	Beef Stir Fry w/ Rice Egg Roll Dessert of the Day	Polish Sausage w/ Peppers & Onions Red Skin Diced Potatoes Sauerkraut Dessert of the Day	Roast Beef w/ Gravy Garlic Mashed Potatoes Lima Beans Dessert of the Day
<b>BREAKFAST</b>	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Hash Brown Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon English Muffin Cereal of Choice*

**DO YOU WANT FROZEN MEALS ON THE WEEKEND? IF SO, CIRCLE 1 OR 2 DAYS PER WEEKEND. (TO BE DELIVERED FRIDAY)**

**Please note: Kitchen has the right to make alterations to the daily menus. Every effort is made to maintain original choices and specific requests.**

**Call 502-896-2316 Fax 502-896-2399 Email: [meals@srcareexperts.org](mailto:meals@srcareexperts.org)**

**\*CEREAL CHOICES ARE CHEERIOS, FROSTED FLAKES OR RAISIN BRAN**



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	<b>MONDAY 05/13/19</b>	<b>TUESDAY 05/14/19</b>	<b>WEDNESDAY 05/15/19</b>	<b>THURSDAY 05/16/19</b>	<b>FRIDAY 05/17/19</b>
<b>OPTION 1</b>	Fried Chicken Mashed Potatoes Green Bean Casserole Dessert of the Day	Hamburger Deluxe On Bun Macaroni Salad Baked Apples Dessert of the Day	Vegetable Soup Turkey Sandwich Pickled Beet Salad Dessert of the Day	Pulled BBQ Pork Baked Beans Cole Slaw Dessert of the Day	Baked Fish Rosemary Potatoes Asparagus Dinner Roll Dessert of the Day
<b>OPTION 2</b>	Stuffed Peppers Corn o'Brien Spinach Breadstick Dessert of the Day	Tuna Salad on Croissant Cup of Soup Cucumber Onion Salad Fresh Fruit Cup	Meatloaf W/Gravy Mashed Potatoes Cabbage Corn Muffin Dessert of the Day	Chicken Parmesan w/ Pasta Italian Blend Vegetables Garlic Toast Dessert of the Day	Beef Stroganoff Peas & Carrot Dessert of the Day
<b>BREAKFAST</b>	Scrambled Eggs Sausage/Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage/Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage/Bacon Scones Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*

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	<b>MONDAY 05/20/19</b>	<b>TUESDAY 05/21/19</b>	<b>WEDNESDAY 05/22/19</b>	<b>THURSDAY 05/23/19</b>	<b>FRIDAY 05/24/19</b>
<b>OPTION 1</b>	Fried Chicken Au Gratin Potatoes Vegetable Medley Dessert of the Day	Beef Tips Rice Mixed Vegetables Dessert of the Day	Pot Roast Zucchini & Squashed Dinner Roll Dessert of the Day	Chicken Noodle Soup Turkey Sandwich Pasta Salad Dessert of the Day	Fried Fish Macaroni & Tomatoes Brussel Sprouts Hush Puppies Dessert of the Day
<b>OPTION 2</b>	Salisbury Steak Macaroni & Cheese Green Beans Dessert of the Day	Bourbon Glazed Salmon Baked Potato Asparagus Dinner Roll Dessert of the Day	Lasagna Broccoli Ambrosia Salad Garlic Toast Dessert of the Day	Meatloaf w/ Red Sauce Mashed Potatoes Dill Carrots Dessert of the Day	Chicken Cordon Bleu Parmesan Garlic Roasted Potatoes California Blend Vegetables Dessert of the Day
<b>BREAKFAST</b>	Scrambled Eggs Sausage/Bacon French Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Wheat Toast Cereal of Choice*	Scrambled Eggs Sausage/Bacon Cinnamon Roll Cereal of Choice*	Scrambled Eggs Sausage/Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage/Bacon Biscuits & Gravy Cereal of Choice*

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	<b>MONDAY 05/27/19</b>	<b>TUESDAY 05/28/19</b>	<b>WEDNESDAY 05/29/19</b>	<b>THURSDAY 05/30/19</b>	<b>FRIDAY 05/31/19</b>
<b>OPTION 1</b>	<b>MEMORIAL DAY NO MEAL DELIVERY</b>	Pineapple Cherry Glazed Ham Sweet Potatoes Green Beans Dinner Roll Dessert of the Day	Chili w/Spaghetti Pimento Cheese Sandwich Caesar Salad Dessert of the Day	Pork Loin w/Gravy Rosemary Roasted Potatoes Brussel Sprouts Dessert of the Day	Fried Fish Stewed Tomatoes Green Beans Dessert of the Day
<b>OPTION 2</b>	<b>MEMORIAL DAY NO MEAL DELIVERY</b>	Baked Ziti Italian Blend Vegetables Garlic Toast Dessert of the Day	BBQ Brisket Potato Salad Cole Slaw Dessert of the Day	Minestrone Soup w/ Crackers Ham & Swiss Sandwich Pasta Salad Dessert of the Day	Chicken Pot Pie w/ Biscuit Broccoli & Cauliflower Dessert of the Day
<b>BREAKFAST</b>	<b>MEMORIAL DAY NO MEAL DELIVERY</b>	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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