



SeniorCare Experts **896-2316**
Chef-Prepared Meals by Brownsboro Park Ret. Community
Chef Charles Folks
East Louisville - JULY 2010



Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	ALL LUNCHEES INC. BREAD DESSERT AND BEVERAGE. ** DESSERT CHOICE: REGULAR OR SUGAR FREE *** BEVERAGE CHOICE: 2% Milk, Juice of the Day
			Baked Spaghetti Fried Eggplant Zucchini Sauteed Mushrooms OR <i>Broccoli Cheese Soup</i> <i>Tuna Sandwich</i>	Scalloped Turkey Candied Yams Green Beans Succotash **Holiday Meal Delivery ** <i>Beef Barley Soup</i> <i>Chicken Salad Sandwich</i>	
5	6	7	8	9	
Fourth of July Holiday **No Delivery**	Grilled Chopped Steak Baked Potato Asparagus Sauteed Mushrooms OR <i>Asian Mushroom Soup</i> <i>Pimento Cheese Sandwich.</i>	Hot Turkey Sandwich Mashed Potatoes Green Beans Spiced Beets OR <i>Vegetable Soup</i> <i>Turkey Sandwich</i>	Honey Dijon Chicken Brown Rice Pilaf Broccoli Stewed Tomatoes OR <i>Potato Soup</i> <i>Tuna Sandwich</i>	BBQ Pork Chop Roasted Potatoes Creamed Peas Carrots OR <i>Clam Chowder</i> <i>Chicken Salad Sandwich</i>	
12	13	14	15	16	
Pepper Steak White Rice Snap Peas Stir-Fry Vegetables OR <i>Turkey Vegetable Soup</i> <i>Ham Sandwich</i>	Swedish Meatballs Egg Noodles Spinach Carrots OR <i>Vegetable Soup</i> <i>Pimento Cheese Sandwich</i>	Roast Turkey Dressing Green Beans Corn OR <i>Sweet Potato Soup</i> <i>Turkey Sandwich</i>	Chicken Alfredo Parsley Potatoes Brussel Sprouts Roast Tomatoes OR <i>Minestrone Soup</i> <i>Tuna Sandwich</i>	Pork Tenderloin Golden Rice Pilaf Cabbage Roast Apples OR <i>Asparagus Soup</i> <i>Chicken Salad Sandwich</i>	
19	20	21	22	23	
Chicken Fricassee Mashed Potatoes Peas Cauliflower OR <i>Beef Barley Soup</i> <i>Ham Sandwich</i>	Roasted Pork Loin Vegetable Medley Glazed Carrots Rice Pilaf OR <i>Chicken Rice Soup</i> <i>Pimento Cheese Sandwich</i>	BBQ Bacon Meatloaf Mashed Potatoes Steamed Broccoli Buttered Corn OR <i>Navy Bean Soup</i> <i>Turkey Sandwich</i>	Honey-Glazed Ham Cornbread Stuffing Creamed Tomatoes Sauteed Mushrooms OR <i>Cream of Mushroom</i> <i>Tuna Sandwich</i>	Stuffed Manicotti Zucchini Casserole Fried Okra Cheese Grits OR <i>Chili</i> <i>Chicken Salad Sandwich</i>	FROZEN WEEKEND MEALS ARE POT LUCK
26	27	28	29	30	
Spaghetti & Meatballs Steamed Rice Mixed Vegetables Wilted Spinach OR <i>Cream of Tomato Soup</i> <i>Ham Sandwich</i>	BBQ Pork Ribs Mashed Potatoes Sauerkraut Brussel Sprouts OR <i>Chicken Gumbo</i> <i>Pimento Cheese Sandwich</i>	Quiche Lorraine Roasted Asparagus Stewed Tomatoes Brown Rice OR <i>Tomato Soup</i> <i>Turkey Sandwich</i>	Roasted Chicken Legs Hashbrown Casserole Seasoned Greens Roasted Cauliflower OR <i>Cream of Mushroom</i> <i>Tuna Sandwich</i>	Patty Melt Onion Rings Glazed Carrots Sugar Snap Peas OR <i>Vegetable Soup</i> <i>Chicken Salad Sandwich</i>	