



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



**East Louisville - SEPTEMBER 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	
		<b>1</b>	<b>2</b>	<b>3</b>	
	<b>Double Meals Delivered on Friday, Sept. 3 for Labor Day Holiday</b>	Stuffed Shells Baked Potato Grilled Eggplant Pearl Onions <b>OR</b> <i>Potato Soup</i> <i>Turkey Sandwich</i>	Pork Chops Sweet Potatoes Brussel Sprouts Creamed Corn <b>OR</b> <i>Vegetable Beef Soup</i> <i>Tuna Sandwich</i>	Stuffed Green Peppers Risotto Asparagus Kidney Beans <b>OR</b> <i>Navy Bean Soup</i> <i>Chicken Salad Sandwich</i>	<b>ALL LUNCHEES INC. BREAD DESSERT AND BEVERAGE.</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>** DESSERT CHOICE: REGULAR OR SUGAR</b>
<b>Labor Day Holiday No Meal Delivery</b>	Hawaiian Chicken Macaroni & Cheese Succotash Sauteed Zucchini <b>OR</b> <i>Lentil Soup</i> <i>Pimento Cheese Sandwich</i>	Roast Beef Sandwich Fried Potatoes Steamed Broccoli Pinto Beans <b>OR</b> <i>Red Pepper Soup</i> <i>Turkey Sandwich</i>	Cornish Hen Cornbread Dressing Glazed Parsnips Steamed Spinach <b>OR</b> <i>Seafood Rice Soup</i> <i>Tuna Sandwich</i>	Fried Chicken Livers Mashed Potatoes Lima Beans Stewed Tomatoes <b>OR</b> <i>Butternut Squash Soup</i> <i>Chicken Salad Sandwich</i>	<b>FREE</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>*** BEVERAGE CHOICE: 2% Milk, Juice of the Day</b>
Chicken & Dumplings Baked Sweet Potato Sweet Peas Mixed Greens <b>OR</b> <i>Tomato Bisque</i> <i>Ham Sandwich</i>	Roasted Pork Loin Vegetable Medley Glazed Carrots Rice Pilaf <b>OR</b> <i>Chicken Rice Soup</i> <i>Pimento Cheese Sandwich</i>	BBQ Bacon Meatloaf Mashed Potatoes Steamed Broccoli Buttered Corn <b>OR</b> <i>Navy Bean Soup</i> <i>Turkey Sandwich</i>	Honey-Glazed Ham Cornbread Stuffing Creamed Tomatoes Sauteed Mushrooms <b>OR</b> <i>Cream of Mushroom</i> <i>Tuna Sandwich</i>	Stuffed Manicotti Zucchini Casserole Fried Okra Cheese Grits <b>OR</b> <i>Chili</i> <i>Chicken Salad Sandwich</i>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
Spaghetti & Meatballs Steamed Rice Mixed Vegetables Wilted Spinach <b>OR</b> Cream of Tomato Soup Ham Sandwich	BBQ Pork Ribs Mashed Potatoes Sauerkraut Brussel Sprouts <b>OR</b> <i>Chicken Gumbo</i> <i>Pimento Cheese Sandwich</i>	Quiche Lorraine Roasted Asparagus Stewed Tomatoes Brown Rice <b>OR</b> <i>Tomato Soup</i> <i>Turkey Sandwich</i>	Roasted Chicken Legs Hashbrown Casserole Seasoned Greens Roasted Cauliflower <b>OR</b> <i>Cream of Mushroom</i> <i>Tuna Sandwich</i>	Patty Melt Onion Rings Glazed Carrots Sugar Snap Peas <b>OR</b> <i>Vegetable Soup</i> <i>Chicken Salad Sandwich</i>	<b>FROZEN WEEKEND MEALS ARE POT LUCK</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
Country Fried Steak Mashed Potatoes Spiced Beets Peas and Pearl Onions <b>OR</b> <i>Clam Chowder</i> <i>Ham Sandwich</i>	Corned Beef & Cabbage Roasted Carrots Boiled Potatoes Braised Cabbage <b>OR</b> <i>Roasted Carrot Soup</i> <i>Pimento Cheese Sandwich</i>	Stuffed Shells Baked Potato Grilled Eggplant Pearl Onions <b>OR</b> <i>Potato Soup</i> <i>Turkey Sandwich</i>	Pork Chops Sweet Potatoes Brussel Sprouts Creamed Corn <b>OR</b> <i>Vegetable Beef Soup</i> <i>Tuna Sandwich</i>		