



SeniorCare Experts **896-2316**
Chef-Prepared Meals by Masonic Homes of Kentucky

Dining Services General Manager: Gary McCurdy



Old Louisville
September-10

Monday	Monday	Wednesday	Wednesday	Friday	
	Holiday meal delivery on Friday, Sept. 3	9/1/10 Beef Tips with Gravy Buttered Noodles Steamed Asparagus OR <i>Chef Salad</i>	9/1/10 Lasagna W/ Meat Sauce Steamed Broccoli OR <i>Chef Salad</i>	9/3/10 Chicken Teriyaki Rice Pilaf Oriental Blend Vegetables OR <i>Chef Salad</i>	ALL LUNCHES INC. BREAD DESSERT AND BEVERAGE.
9/6/10	9/6/10	9/8/10	9/8/10	9/10/10	** DESSERT CHOICE:
Labor Day Holiday No Meal Delivery	Labor Day Holiday No Meal Delivery	Pepper Steak Buttered Rice Seasoned Green Beans OR <i>Chef Salad</i>	Country Fried Steak with country gravy Mashed Potatoes Mixed Vegetables <i>Chef Salad</i>	Beef Stroganoff W/ Noodles Peas & Carrots OR <i>Chef Salad</i>	REGULAR OR SUGAR FREE
9/13/10	9/13/10	9/15/10	9/15/10	9/17/10	CHOICE: 2% Milk, Juice of the Day
Roast Turkey / gravy Corn Pudding Steamed Broccoli OR <i>Chef Salad</i>	Southern Fried Chicken Herbed Dressing Green Beans OR <i>Chef Salad</i>	Roast Beef w/gravy Garlic Mashed Mashed Potatoes Baby Carrots OR <i>Chef Salad</i>	Spaghetti W/ Meat Sauce Breaded Eggplant OR <i>Chef Salad</i>	Roast Pork Loin Oven Brown Potatoes Stewed Tomatoes OR <i>Chef Salad</i>	
9/20/10	9/20/10	9/22/10	9/22/10	9/24/10	
Meatloaf Mashed Potatoes / gravy Mixed Vegetables OR <i>Chef Salad</i>	Southern Fried Chicken Hashbrown Casserole Green Beans OR <i>Chef Salad</i>	London Broil Baked Potato Capri Blend Vegetables OR <i>Chef Salad</i>	Fettuccini Alfredo with Chicken Steamed Broccoli OR <i>Chef Salad</i>	Chicken & Dumplings Steamed peas Beets OR <i>Chef Salad</i>	FROZEN WEEKEND POT LUCK
9/27/10	9/27/10	9/29/10	9/29/10		
Roast Pork Baked Sweet Potato Brussel Sprouts OR <i>Chef Salad</i>	Southern Fried Chicken Homemade Stuffing Seasoned Green Beans OR <i>Chef Salad</i>	Meatloaf W/ Gravy Mashed Potatoes Steamed Asparagus OR <i>Chef Salad</i>	Lasagna W/ Meat Sauce Steamed Broccoli OR <i>Chef Salad</i>		