



SeniorCare Experts 896-2316

Chef-Prepared Meals by Masonic Homes of Kentucky

Dining Services General Manager: Gary McCurdy



St. Matthews September-10

Monday	Tuesday	Wednesday	Thursday	Friday	
8/30/10	8/31/10	9/1/10	9/2/10	9/3/10	
	Holiday Meal Delivery **on Friday Sept. 3**	Lasagna W/ Meat Sauce Steamed Broccoli OR <i>Chef Salad</i>	Breaded Pork Chop Baked Sweet Potato Greenbean Casserole OR <i>Chef Salad</i>	Chicken Teriyaki Rice Pilaf Oriental Blend Vegetables OR <i>Chef Salad</i>	ALL LUNCHES INC. BREAD DESSERT AND BEVERAGE.
<i>Chef Salad</i>	<i>Chef Salad</i>				
9/6/10	9/7/10	9/8/10	9/9/10	9/10/10	** DESSERT CHOICE:
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>	BBQ Chicken Macaroni & Cheese Mixed Vegetables OR <i>Chef Salad</i>	Beef Stroganoff W/ Noodles Peas & Carrots OR <i>Chef Salad</i>	REGULAR OR SUGAR FREE
9/13/10	9/14/10	9/15/10	9/16/10	9/17/10	CHOICE: 2% Milk,
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>	Honey Glazed Chickn Breast Red Skin Mashed Potatoes Steamed Broccoli OR <i>Chef Salad</i>	Roast Pork Loin Oven Brown Potatoes Stewed Tomatoes OR <i>Chef Salad</i>	Juice of the Day
9/20/10	9/21/10	9/22/10	9/23/10	9/24/10	
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>	BBQ Chicken Mashed Potatoes/gravy Baby Carrots OR <i>Chef Salad</i>	Chicken & Dumplings Steamed peas Beets OR <i>Chef Salad</i>	FROZEN WEEKEND POT LUCK
9/27/10	9/28/10	9/29/10	9/30/10		
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>	Breaded Pork Chop Baked Sweet Potato Greenbean Casserole OR <i>Chef Salad</i>		