

Meals on Wheels Menu | AUGUST 2018

Registered clients can order meals at www.silverkey.org/meals-wheels-order/ Please keep this menu for reference.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEALS ON WHEELS AMERICA 2018 MEMBER		1 Taco Salad - or - Shrimp Fried Rice	2 Riblettes - or - Honey Mustard Grilled Chicken Sandwich	3 Breaded Catfish - or - Beef Stew	4 Chicken Marsala	5 Yankee Pot Roast w/Gravy
6 Cheese Ravioli w/ Alfredo Sauce - or- Chicken Spinach Wrap	7 Chicken Salad Sandwich on Croissant - or - Stuffed Pepper	8 Beef Stroganoff - or - Panko Fried Chicken	9 Chicken Teryaki - or - Goulash	10 Sloppy Joe - or - Grilled Ham & Cheese	11 Roast Turkey	12 Riblettes
13 Lemon Pepper Cod - or - Chicken Stir Fry	14 Egg Salad on Croissant - or - Pesto Chicken	15 Pork Carnitas - or - Chef Salad	16 Stuffed Pasta Shells - or - Turkey Melt	17 Chicken a la King - or - Catfish	18 Cheese Ravioli w/ Alfredo Sauce	19 Beef Stroganoff
20 Smothered Pork Chop - or - Chicken Marsala	21 Salmon Burger - or - Tamale w/Green Chili	BLT - or - Manicotti	23 Meatloaf w/Gravy - or - Chicken & Dumpling	24 Chicken Alfredo - or - Swedish Meatball	25 Sloppy Joe	26 Stuffed Pasta Shells w/Marinara
27 Beef Chimichanga	28 Meatball Sub - or - Chicken Salad Sandwich	29 Chicken Carbonara - or - Shrimp Creole	30 Swiss Steak - or - Chicken BLT	31 Baked Citrus Tilapia - or - Roast Turkey		(LS) = Low Sodium Choice

Menu substitutions may occur without notice. Diners are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.