

Home Delivered Meals Menu | SEPTEMBER 2018

Registered clients can order meals at www.silverkey.org/home-delivered-meals-order-form/

Please keep this menu for reference.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|---|---|---|
| | | (LS) = Low Sodium Choice | | | ¹ Meatloaf w/ Gravy (LS) | ² Chicken Alfredo (LS) |
| ³ LABOR DAY Hot Dog (LS) | ⁴ Ham Salad on Croissant (LS) - or - Chicken Chow Mein | ⁵ Pork Pot Roast w/ Onion Celery (LS) - or - Rueben Sandwich | ⁶ Beef Teriyaki (LS) - or - Italian Sub Sandwich | ⁷ Baked Cod Olympia (LS) - or - Pork Chop | ⁸ Beef Chimichanga (LS) | ⁹ Chicken Carbonara (LS) |
| ¹⁰ Hamburger (LS) - or - Spaghetti w/ Meat Sauce | ¹¹ Baked Ham (LS) - or - Shrimp Creole | ¹² Beef Burrito w/ Green Sauce (LS) - or - Chicken Bacon Avocado Sandwich | ¹³ Honey Curry Chicken (LS) - or - Mongolian Beef | ¹⁴ Crab Cakes (LS) - or - Marian's Quiche | ¹⁵ Pork Pot Roast w/ Onion Celery (LS) | ¹⁶ Swiss Steak (LS) |
| ¹⁷ Beef Pot Pie (LS) - or - Chicken Cacciatore | ¹⁸ BLT (LS) - or - French Dip Sandwich | ¹⁹ Pico Lime Cod (LS) - or - Pork & Bean Burrito | ²⁰ Chicken Fajitas (LS) - or - Vegetarian Lasagna | ²¹ Meatball Sub (LS) - or - Chicken & Dumplings | ²² Baked Ham (LS) | ²³ Honey Curry Chicken (LS) |
| ²⁴ Baked Ziti w/ Sausage & Marinara (LS) - or - Garlic Tilapia | ²⁵ Breaded Chicken Sandwich (LS) - or - Salmon Burger | ²⁶ Beef Tacos (LS) - or - Turkey Wrap | ²⁷ BBQ Chicken (LS) - or - Cobb Salad | ²⁸ Pork Chow Mein (LS) - or - Chicken Pot Pie | ²⁹ Beef Pot Pie w/ Buttermilk Biscuit (LS) | ³⁰ Meatball Sub (LS) |

Menu substitutions may occur without notice. Clients 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.