



Home Delivered Meals Menu | NOVEMBER 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
			1 Beef Stew (LS) - or - Chicken Cordon Bleu	2 Garlic Herb Tilapia (LS) - or - Liver & Onions	3 Chicken Chimichanga (LS)	4 Stuffed Pasta Shells w/Meat Sauce (LS)
5 Swedish Meatballs w/ Noodles (LS) - or - Chicken Bacon Sandwich	6 Beef Fajita w/ Peppers Onions, Cheese, Sour Cream & Salsa (LS) - or - Pork Chow Mein	7 Pulled Pork Sandwich (LS) - or - Lemon Pepper Cod	8 Chicken Marsala (LS) - or - Rancher Steak Salad	9 Sandy's Chicken Chile Tortilla (LS) - or - Rueben Sandwich	10 Smothered Pork Chop w/ Onions & Peppers (LS)	11 Goulash (LS)
12 Veteran's Day Beef Stroganoff (LS)	13 Chicken Pot Pie w/ Buttermilk Biscuit (LS) - or - Red Shrimp Creole	14 Breaded Fish Sandwich w/ Lettuce & Tomato (LS) - or - Roast Beef	15 Roast Turkey w/ Gravy (LS) - or - Baked Ham	16 Meatballs w/ Marinara Pasta (LS) - or - Vegetable Chicken Lasagna	17 Sandy's Chicken Chile (LS)	18 Chef's Choice (LS)
19 Riblettes (LS) - or - BBQ Beef on Hoagie	20 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa (LS) - or - Chicken Tacos	21 Chicken Teriyaki (LS) - or - Beef Tips & Gravy	22 Happy Thanksgiving Roast Turkey w/ Gravy (LS)	23 Thanksgiving Holiday Swedish Meatballs w/ Noodles (LS)	24 Chicken Marsala (LS)	25 Pulled Pork Sandwich (LS)
26 Hamburger w/ Lettuce, Tomato & Onion (LS) - or - Breaded Chicken Sandwich	27 Egg Salad on Croissant (LS) - or - Sicilian Sub Sandwich	28 Chicken Chow Mein (LS) - or - Beef Stir Fry	29 Slow Roasted Beef (LS) - or - Pork Roast	30 Salmon w/ Lemon & Dill (LS) - or - Baked Chicken Mornay		(LS) = Low Sodium Choice

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.