



Home Delivered Meals Menu | DECEMBER 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 |
|--|---|--|---|--|-------------------------------|--|
| 3 Broccoli Stuffed Chicken Breast (LS) - or - Salmon Olympia | 4 Tuna Salad on Croissant (LS) - or - Meatball Sub Sandwich | 5 Meatloaf w/ Gravy (LS) - or - Stuffed Turkey | 6 Chicken Alfredo (LS) - or - Tamale Pie | 7 Baked Ziti w/ Sausage & Marinara (LS) - or - Stuffed Peppers | 8 Chicken Chow Mein (LS) | 9 Slow Roasted Beef (LS) |
| 10 Manicotti w/ Marinara (LS) - or - Chicken Teriyaki | 11 BLT (LS) - or - Egg Salad Sandwich | 12 Beef Chili w/ Cheese (LS) - or - Shrimp Newberg | 13 Chicken Cacciatore (LS) - or - Sausage Béchamel | 14 Salmon in Sesame Ginger Sauce (LS) - or - Beef Bourguignon | 15 Meatloaf w/ Gravy (LS) | 16 Broccoli Stuffed Chicken Breast (LS) |
| 17 Pork Carnitas w/ Pepper, Onion (LS) - or - BBQ Beef Sandwich | 18 Breaded Chicken Sandwich w/ Lettuce & Tomato (LS) - or - Pork Schnitzel | 19 BBQ Beef Sandwich (LS) - or - Chicken Salad Sandwich | 20 Baked Ham (LS) - or - Roast Turkey | 21 Baked Citrus Tilapia (LS) - or - Spaghetti w/ Meat Sauce | 22 Chicken Cacciatore (LS) | 23 Salmon in Sesame Ginger Sauce (LS) |
| 24 Manicotti w/ Marinara (LS) | 25 Christmas Holiday Baked Ham (LS) | 26 Chicken al a King (LS) - or - Pepper Steak | 27 Pork Loin w/ Gravy (LS) - or - Catfish | 28 Sloppy Joe (LS) - or - Breaded Chicken & Pepper Jack Cheese Sandwich | 29 BBQ Beef Sandwich (LS) | 30 Chicken Alfredo (LS) |
| 31 Crab Cakes (LS) | Jan 1, 2019 New Year's Day Holiday Pork Loin w/ Gravy (LS) | | | | | (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.