



# Home Delivered Meals Menu | JANUARY 2019

Registered clients can order meals at [www.silverkey.org/home-delivered-meals-order-form/](http://www.silverkey.org/home-delivered-meals-order-form/)  
Please keep this menu for reference.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Jan 1, 2019 <b>New Year's Day Holiday</b> Pork Loin w/ Gravy (LS)	2 Beef Chimichanga (LS) - or - Breaded Chicken Sandwich	3 Chicken Carbonara (LS) - or - Stuffed Shells W/ Marinara	4 Pork Chow Mein (LS) - or - Chicken Pot Pie	5 Chicken al a King (LS)	6 Sloppy Joe (LS)
7 Riblettes (LS) - or - Hotdogs	8 Ham Salad on Croissant (LS) - or - Chicken Chow Mein	9 Pork Pot Roast (LS) - or - Rueben Sandwich	10 Beef Teriyaki (LS) - or - Italian Sub Sandwich	11 Baked Cod Olympia (LS) - or - Pork Chop	12 Beef Chimichanga (LS)	13 Chicken Carbonara (LS)
14 Hamburger w/ Lettuce, Tomato & Onion (LS) - or - Spaghetti w/ Meat Sauce	15 Baked Ham (LS) - or - Shrimp Creole	16 Beef Burrito/ Green Enchilada Sauce (LS) - or - Chicken Bacon Avocado S'wich	17 Honey Curry Chicken (LS) - or - Mongolian Beef	18 Crab Cakes (LS) - or - Marian's Quiche	19 Pork Chow Mein (LS)	20 Beef Teriyaki (LS)
21 <b>MLK Day Holiday</b>  Meat Balls & Marinara (LS)	22 BLT (LS) - or - French Dip Sandwich	23 Pico Lime Cod (LS) - or - Pork & Bean Burrito	24 Chicken Fajitas w/ Pepper, Onion, Cheese, Salsa (LS) - or - Veggie Lasagna	25 Meatball Sub (LS) - or - Chicken & Dumplings	26 Baked Ham (LS)	27 Honey Curry Chicken (LS)
28 Baked Ziti w/ Sausage & Marinara (LS) - or - Garlic Tilapia	29 Breaded Chicken Sandwich w/ Lettuce & Tomato (LS) - or - Salmon Burger	30 Beef Tacos w/ Lettuce, Tomato, Cheese, Salsa (LS) - or - Turkey Wrap	31 BBQ Chicken (LS) - or - Cobb Salad			<b>(LS) = Low Sodium Choice</b>

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.