



Home Delivered Meals Menu | FEBRUARY 2019

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 Sweet & Sour Pork (LS) - or - Broccoli Stuffed Chicken	2 Baked Ziti w/ Sausage & Marinara (LS)	3 Meatball Sub (LS)
4 Chicken Tacos w/ Lettuce, Tomato, Salsa & Sour Cream (LS) - or - Cod Olympia	5 Stuffed Bell Pepper (LS) - or - Italian Wrap	6 Pesto Chicken (LS) - or - Swiss Steak	7 Salmon Burger w/ Lettuce & Tomato (LS) - or - Riblettes	8 Chicken Cordon Bleu (LS) - or - Baked Salmon	9 Sweet & Sour Pork (LS)	10 Stuffed Bell Pepper (LS)
11 BBQ Beef Sandwich (LS) - or - Breaded Chicken Sandwich	12 Lemon Pepper Chicken (LS) - or - Pork Roast	13 Roast Turkey w/ Gravy (LS) - or - Roast Beef	14 Beef Tips (LS) - or - Cobb Salad	15 Cod Tuscany (LS) - or - Chicken Marsala	16 Swiss Steak (LS)	17 Beef Tips (LS)
18 President's Day Holiday Pesto Chicken (LS)	19 Smothered Pork Chop w/ Onions and Peppers (LS) - or - Crab Cake	20 Chicken Chimichanga (LS) - or - Monte Cristo Sandwich	21 Yankee Pot Roast w / Gravy (LS) - or - Roast Turkey	22 Stuffed Pasta Shells w/ Meat Sauce (LS) - or - Citrus Tilapia	23 Roast Turkey w/ Gravy (LS)	24 BBQ Beef Sandwich (LS)
25 Beef Stroganoff (LS) Pulled Pork Sandwich	26 Pork Green Chili (LS) - or - Chicken Parmesan	27 Lasagna Roll/ Marinara (LS) - or - Shrimp Taco	28 Chicken Mole (LS) - or - Stuffed Shells			(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.