



# Home Delivered Meals Menu | MARCH 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
(LS) = Low Sodium Choice				1 Beef Stew (LS) - or - Chicken Cordon Bleu	2 Chicken Chimichanga (LS)	3 Stuffed Pasta Shells w/ Meat Sauce (LS)
4 Swedish Meatballs w/ Noodles (LS) - or - Chicken Bacon Sandwich	5 Beef Fajita w/ Peppers Onions, Cheese (LS) - or - Pork Chow Mein	6 Garlic Herb Tilapia (LS) - or - Rancher Steak Salad	7 Pulled Pork Sandwich (LS) - or - Lemon Pepper Cod	8 Manicotti (LS) - or - Liver & Onions	9 Smothered Pork Chop w/ Onions and Peppers (LS)	10 Chicken Mole (LS)
11 Sandy's Chicken Chile (LS) - or - Rueben Sandwich	12 Chicken Pot Pie w/ Buttermilk Biscuit (LS) - or - Red Shrimp Creole	13 Meatballs w/ Marinara (LS) - or - Roast Beef	14 Roast Turkey w/ Gravy (LS) - or - Ham	15 Breaded Fish Sandwich w/ Lettuce & Tomato (LS) - or - Vegetable Chicken Lasagna	16 Beef Stroganoff (LS)	17 Pulled Pork Sandwich (LS)  <b>St. Patrick's Day</b>
18 Riblettes (LS) - or - BBQ Beef on Hoagie	19 Beef Tacos w/ Lettuce, Tomato (LS) - or - Baked Chicken Mornay	20 Chicken Teriyaki (LS) - or - Beef Tips & Gravy	21 Bratwurst (LS) - or - Orange Chicken	22 Vege-burger (LS) - or - Pork Chop	23 Swedish Meatballs w/ Noodles (LS)	24 Roast Turkey w/ Gravy (LS)
25 Hamburger (LS) - or - Breaded Chicken Sandwich	26 Egg Salad on Croissant (LS) - or - Beef Stir Fry	27 Chicken Chow Mein (LS) - or - Sicilian Sub Sandwich	28 Slow Roasted Beef (LS) - or - Pork Roast	29 Salmon w/ Lemon & Dill (LS) - or - Chicken Tacos	30 Chicken Teriyaki (LS)	31 Riblettes (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.