

Meals on Wheels Menu | September 2019

To sign up, call 719-884-2370. silverkey.org/meals-on-wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Labor Day Riblettes Baked Beans Potato Salad Applesauce	3 Pesto Cod Oven Roasted Potato Medley Broccoli Tropical Fruit Salad WW Bread	4 Chicken Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple	5 BBQ Turkey Sweet Potato Fries Green Beans Tossed Salad w/ Dressing Orange	6 Beef Burrito/Green Enchilada sauce SW Black Beans Spanish Rice Mandarin Oranges Raisin Nut Cup	7 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie	8 Chicken Chow Mein Brown Rice Asian Vegetables Pear Chocolate Chip Cookie Raisin Nut Cup
9 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa, Tortillas Spanish Rice SW Black Beans Peaches	10 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Diced Pear	11 Pork Chow Mein Brown Rice Winter Blend Vegetables WW Bread Pear	12 Honey Curry Chicken Wild & Brown Rice Peas & Carrots Broccoli Slaw Apple Spice Cake	13 Salmon w/ Lemon & Dill Roasted Sweet Potatoes, Broccoli Banana WW Choc. Chip M&M Cookie	14 BBQ Turkey Sweet Potato Fries Green Beans Tossed Salad w/ Dressing Orange	15 Beef Burrito/Green Enchilada sauce SW Black Beans Spanish Rice Mandarin Oranges Raisin Nut Cup
16 Chicken Cordon Bleu Roasted Sweet Potatoes Mixed Vegetables WW Bread Mandarin Orange	17 Turkey Salad Sandwich on Croissant Minestrone Soup Broccoli Sunflower Salad Apple	18 Baked Citrus Tilapia Lemon Herb Rice Peas & Carrots Strawberries Roll	19 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange	20 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Spiced Pinto Beans Applesauce	21 Honey Curry Chicken Wild & Brown Rice Peas & Carrots Broccoli Slaw Apple Spice Cake	22 Pork Chow Mein Brown Rice Winter Blend Vegetables WW Bread Pear
23 Cheese Ravioli w/ Marinara Bahama Vegetables Tossed Salad Peaches Raisin Nut Cup	24 Lemon Pepper Cod Brown Rice Pilaf Peas 3 Bean Salad Mandarin Orange	25 Ham Salad on WW Bread Cream of Mushroom Soup Spinach Mandarin Salad Strawberries	26 Meatball Sub Vegetable Soup Cauliflower Orange	27 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple	28 Chicken Cordon Bleu Roasted Sweet Potatoes Mixed Vegetables WW Bread Mandarin Orange	29 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange
30 Breaded Chicken Sandwich w/Lettuce & Tomato, California Blend Vegetables Salad w/Raspberry Vinaigrette Pear				Menu substitutions n notice. Clients are ac 3-day supply of non- and bottled water in inclement weather o that may cause a ten of service.	dvised to keep a perishable foods the event of r other emergencies	Milk is provided with every meal.