



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.