



Home Delivered Meals Menu | JUNE 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
	(LS) = Low Sodium Choice				1 Honey Curry Chicken (LS)	2 Meatball Sub (LS)
3 Chicken Tacos (LS) - or - Cod Olympia	4 Stuffed Bell Pepper (LS) - or - Italian Wrap	5 Pesto Chicken (LS) - or - Swiss Steak	6 Salmon Burger w/ Lettuce & Tomato (LS) - or - Riblettes	7 Chicken Cordon Bleu (LS) - or - Baked Salmon	8 BBQ Chicken (LS)	9 Baked Ziti w/ Marinara (LS)
10 Spinach Ravioli w/ Marinara (LS) - or - Beef Pot Pie	11 Lemon Pepper Chicken (LS) - or - Pork Roast	12 Roast Turkey w/ Gravy (LS) - or - Roast Beef	13 Beef Tips (LS) - or - Cobb Salad	14 Cod Tuscany (LS) - or - Chicken Marsala	15 Pesto Chicken (LS)	16 Stuffed Bell Pepper (LS)
17 BBQ Beef Sandwich (LS) - or - Breaded Chicken Sandwich	18 Smothered Pork Chop w/ Onions and Peppers (LS) - or - Crab Cake	19 Chicken Chimichanga (LS) - or - Monte Cristo Sandwich	20 Yankee Pot Roast w / Gravy (LS) - or - Roast Turkey	21 Stuffed Pasta Shells w/ Meat Sauce (LS) - or - Citrus Tilapia	22 Roast Turkey w/ Gravy (LS)	23 BBQ Beef Sandwich (LS)
24 Beef Stroganoff (LS) - or - Pulled Pork Sandwich	25 Pork Green Chili (LS) - or - Chicken Parmesan	26 Lasagna Roll/ Marinara (LS) - or - Shrimp Taco	27 Chicken Mole (LS) - or - Stuffed Shells	28 Sweet & Sour Pork (LS) - or - Broccoli Stuffed Chicken	29 Beef Tips (LS)	30 Lemon Pepper Chicken (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.