



SILVER MAPLES OF CHELSEA DINNER MENU JANUARY 30TH THRU FEB. 5TH



SM1	MONDAY JAN 30TH	TUESDAY Jan 31ST	WEDNESDAY FEB 1ST	THURSDAY FEB 2ND	FRIDAY FEB 3RD	SATURDAY FEB 4TH	SUNDAY FEB 5TH
SOUP	@ NAVY BEAN AND HAM	@ TURKEY NOODLE	@CHILI	@TOMATO	@ CLAM CHOWDER	@BLACK BEAN	@CREAM OF MUSHROOM
BREAD	ROLL	HAWAIIAN ROLL	ROLL	ROLL	CROISSANT	ROLL	ROLL
SALADS	SPICED APPLE RINGS FRESH FRUIT COTTAGE CHEESE	TOSSED SALAD W/ STRAWBERRIES & ALMONDS FRESH FRUIT APPLE SAUCE	SPINACH ARTICHOKE DIP & TORTILLA CHIPS FRESH FRUIT COTTAGE CHEESE W/APRICOTS	TOSSED SALAD W/ CRANBERRIES & ALMONDS FRESH FRUIT APPLE SAUCE	CHEESE STICKS W/MARINARA SAUCE FRESH FRUIT COTTAGE CHEESE	TOSSED SALAD W/ CUCUMBER &ORANGE FRESH FRUIT APPLE SAUCE	CARROT RAISIN SALAD FRESH FRUIT COTTAGE CHEESE
ENTREES	LEMON BUTTER COD ROASTED SAUSAGE W/ SAURKRAUT CHICKEN DIVAN	STUFFED FLOUNDER HUNGARIAN GOULASH CHICKEN MARSALA	CATFISH BEEF PASTIE PARMESAN ENCRUSTED CHICKEN	POTATO COD SWEDISH MEATBALLS TURKEY AND DRESSING	FRESH PERCH FRY PULLED PORK SANDWICH HAWAIIAN CHICKEN	MAHI MAHI VEGETABLE LASAGNA BBQ CHICKEN QUARTER	LEMON PEPPER TILAPIA CHOPPED STEAK W/MUSHROOM SAUCE CHICKEN POT PIE
SALAD	CURRIED CHICKEN	FRUIT	SHRIMP	RASPBERRY PECAN	CAESAR	BLT	BEEF & CHEDDAR
STARCHES	SOUR CREAM AND CHIVE MASHED POTATO MASHED SQUASH	MASHED POTATO W/GRAVY BAKED POTATO	CHEESY MASHED POTATO HUSH PUPPIES	MASHED POTATO W/GRAVY SWEET POTATO CASSEROLE	MASHED POTATO W/GRAVY STEAK FRIES	MASHED POTATO W/GRAVY BAKED BEANS	MASHED POTATO W/GRAVY BAKE POTATO
VEGETABLE	ASPARAGUS CUTS AND TIPS VINAIGRETTE COLESLAW	ITALIAN VEGETABLE BLEND BRUSSELS SPROUTS W/ HOLLANDAISE SAUCE	PEAS AND MUSHROOMS FRESH BROCCOLI	GREEN BEAN CASSEROLE FRESH BABY CARROTS	CORN COLESLAW	LIMA BEANS PEAS AND CARROTS	PICKLED BEETS BEAN MEDLEY
DESSERT	#CHOCOLATE BROWNIE	#CHERRY PIE	#CARROT CAKE	# CHOCOLATE MERINGUE PIE	#TUXEDO CAKE	# VANILLA PUDDING	#COFFEE CAKE

@ - CONTAINS MORE THAN 400 mgs OF SODIUM PER SERVING

(SOME CHEF'S CHOICE SOUPS CONTAIN LESS THAN 400 mgs OF SODIUM PER SERVING PLEASE ASK YOUR SERVER)

- NOT RECOMMENDED FOR DIABETIC OR CALORIE CONTROLLED DIETS

SUGAR FREE DESSERTS ALWAYS AVAILABLE

LOW SODIUM SOUPS ALWAYS AVAILABLE

PLEASE MAKE ALL RESERVATIONS AT EXT. 208

