




Meals on Wheels Kitsap Frozen Meals Menu ~ April 2024

1 Cajun Baked Fish Over Black Beans and Rice Okra Mélange Green Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi	2 Beef Stew Broccoli Stewed Tomatoes with Macaroni Whole Wheat Bread Applesauce	3 Turkey Pot Pie Spinach Mix Grain Bread Oatmeal Raisin Bar Fresh Pear	4 Clam Chowder Oyster Crackers Santa Fe Black Beans Roasted Sweet Potatoes Nine Grain Bread Fresh Apple	5 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Green Beans Mixed Grain Bread Diced Peaches
8 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Whole Wheat Bread Fresh Apple	9 Turkey Chili Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Pear	10 BBQ Meatballs Over Curly Noodles Baked Beans Country Trio Vegetables Raisin Bread Fresh Orange	11 Breaded Fish Patty On Whole Wheat Bun Tartar Sauce Glazed Carrots Broccoli Fresh Kiwi	12 Hawaiian Pork Over Brown Rice Pilaf Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Applesauce
15 Sloppy Joe On Whole Wheat Bun California Vegetables Spinach Fresh Pear	16 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Whole Wheat Bread Cinnamon Applesauce	17 Teriyaki Chicken Over Brown Rice Cauliflower Broccoli Whole Wheat Roll Diced Peaches	18 Minestrone Soup With Diced Turkey Winter Squash Rye Bread String Cheese Peanut Butter Cookie Fresh Apple	19 Beef Enchiladas Mexicali Vegetables Collards and Onion Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange
22 Italian Herb Baked Chicken Pasta Primavera Green Beans Mixed Grain Bread Fresh Kiwi	23 Turkey Slice With Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Fresh Apple	24 Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Fresh Orange	25 BBQ Pulled Pork On Whole Wheat Bun Corn O'Brien Broccoli Sherbet Fresh Apple	26 Creole Baked Fish Over Brown Rice Sweet Potatoes Collard Greens & Onions Nine Grain Bread Oatmeal Fruit Bar Fresh Pear
29 Pork Chow Mein Over Brown Rice Oriental Spinach Stewed Tomatoes Whole Wheat Bread Applesauce	30 Ham Slice on Whole Wheat Bun with Mayonnaise and Mustard Black Beans-Corn-Peppers Beet Onion Salad Fresh Apple String Cheese			

Reservations required by 2pm one business day in advance. Call 360-377-8511 or 1-888-877-8511 to reserve.

Hearing or speech impaired persons may contact us by calling 711, the TTY relay number.

All fresh produce is subject to availability. Approved substitutions may be made without notice.

Suggested donation for seniors 60 and over is \$5.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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