

Meals on Wheels Kitsap Hot Meals Menu ~ April 2024

1 Broccoli Cheddar Quiche Peas Black Beans, Corn and Peppers Whole Wheat Bread Apple	2 Turkey Chili Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Pears	3 BBQ Meatballs Over Curly Noodles Baked Beans Country Trio Vegetables Raisin Bread Peaches	4 Breaded Fish Patty On Whole Wheat Bun Tartar Sauce Tomato & Onion Garden Salad Catalina Dressing Glazed Carrots Cantaloupe	5 Hawaiian Pork Over Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Fortune Cookie Tropical Fruit Salad
8 Sloppy Joe On Whole Wheat Bun California Vegetables Spinach Fresh Pear	9 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Whole Wheat Bread Cinnamon Applesauce	10 Teriyaki Chicken Over Brown Rice Broccoli Cauliflower Whole Wheat Roll Pears	11 Minestrone Soup Turkey Chef's Salad Light Ranch Dressing Veggie Sticks Rye Bread Sugar Cookie Honeydew	12 Beef Enchilada Mexicali Vegetables Marinated Vegetable Salad Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange
15 Italian Herb Baked Chicken Green Beans Pasta Primavera Mixed Grain Bread Fresh Kiwi	16 Hot Turkey Sandwich On Nine Grain Bread Mashed Potatoes and Gravy Brussel Sprouts Rainbow Pasta Salad Fresh Pear	17 Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Fresh Orange	18 BBQ Pulled Pork On Whole Wheat Bun Corn O'Brien Garden Salad Light Ranch Dressing Sherbet Fresh Apple	19 Creole Baked Fish Over Brown Rice Sweet Potatoes Collard Greens and Onions Whole Wheat Bread Ambrosia
22 Pork Chow Mein Brown Rice Oriental Spinach Carrots Whole Wheat Bread Sunshine Salad	23 <u>National Picnic Day</u> Ham and Cheddar on Whole Wheat Bun with Mayonnaise Lettuce/Tomato Black Beans-Corn-Peppers Beet Onion Salad Fresh Apple	24 Quiche Lorraine Red Potatoes Carrot Raisin Salad Nine Grain Bread Oatmeal Fruit Bar Pineapple	25 Spaghetti & Meat Sauce Italian Vegetables Marinated Green Bean Salad Mixed Grain Bread Cantaloupe Blueberry Salad	26 Turkey Vegetable Soup Oyster Crackers Hearty Salad Fat-Free French Dressing Nine Grain Bread String Cheese Peaches
29 Mardi Gras Chicken Creamed Corn Stewed Tomatoes with Macaroni Mixed Grain Bread Fresh Mandarin Orange	30 Turkey Tetrazzini Roasted Brussels Sprouts Red Potatoes Whole Wheat Roll Ice Milk Tropical Fruit Salad			

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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