

Meals on Wheels Kitsap Meals Frozen Menu ~ April 2025

	<p style="text-align: center;">1 Mardi Gras Chicken Over Brown Rice Cauliflower Spinach Whole Wheat Roll Fresh Pear</p>	<p style="text-align: center;">2 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Green Beans Mixed Grain Bread Diced Peaches</p>	<p style="text-align: center;">3 Spaghetti and Meatballs Italian Vegetables Beets Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">4 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Fresh Kiwi</p>
<p style="text-align: center;">7 Salmon Fillet Over Quinoa Scandinavian Vegetables Peas Mix Grain Bread Chocolate Chip Cookie Fresh Orange</p>	<p style="text-align: center;">8 Turkey Pot Pie Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Pear</p>	<p style="text-align: center;">9 BBQ Meatballs Over Curly Noodles Baked Beans Country Trio Vegetables Raisin Bread Fresh Orange</p>	<p style="text-align: center;">10 Broccoli Cheddar Quiche Peas Black Beans, Corn, and Peppers Whole Wheat Bread Fresh Apple</p>	<p style="text-align: center;">11 Hawaiian Pork Over Brown Rice Pilaf Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Applesauce</p>
<p style="text-align: center;">14 Sloppy Joe On Whole Wheat Bun California Vegetables Spinach Fresh Pear</p>	<p style="text-align: center;">15 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Whole Wheat Bread Cinnamon Applesauce</p>	<p style="text-align: center;">16 Teriyaki Chicken Over Brown Rice Cauliflower Broccoli Whole Wheat Roll Diced Peaches</p>	<p style="text-align: center;">17 Minestrone Soup With Diced Turkey Winter Squash Rye Bread String Cheese Sugar Cookie Fresh Apple</p>	<p style="text-align: center;">18 Beef Enchiladas Mexicali Vegetables Collards and Onion Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange</p>
<p style="text-align: center;">21 Italian Herb Baked Chicken Over Quinoa Broccoli Scandinavian Vegetables Mixed Grain Bread Fresh Kiwi</p>	<p style="text-align: center;">22 Turkey Slice With Gravy Mashed Potatoes Brussel Sprouts Nine Grain Bread Oatmeal Raisin Bar Fresh Apple</p>	<p style="text-align: center;">23 Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Fresh Orange</p>	<p style="text-align: center;">24 Ham Slice With Raisin Sauce Over Barley Roasted Sweet Potatoes Green Beans Nine Grain Bread Sunshine Salad</p>	<p style="text-align: center;">25 Creole Baked Fish Over Brown Rice Root Vegetable Trio Collard Greens & Onions Nine Grain Bread Fresh Pear</p>
<p style="text-align: center;">28 Pork Chow Mein Over Brown Rice Oriental Spinach Cauliflower Whole Wheat Bread Ice Milk Applesauce</p>	<p style="text-align: center;">29 Grilled Chicken with Mayonnaise On Whole Wheat Bun Roasted Sweet Potato Black Beans-Corn-Peppers Fresh Orange</p>	<p style="text-align: center;">30 Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Fruit Bar Fresh Apple</p>		

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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