


Meals on Wheels Kitsap Hot Meals Menu ~ April 2019

1 Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Tropical Fruit Salad	2 BBQ Meatballs Baked Beans Country Trio Veggies Raisin Bread Cantaloupe	3 Turkey Vegetable Soup Oyster Crackers Marinated Vegetable Salad Hearty Salad Fat-Free French Dressing Peaches	4 Herb Baked Fish Lemon Juice Roasted Potato Medley California Vegetables German Coleslaw Whole Wheat Bread Cantaloupe	5 Broccoli Cheddar Quiche Peas & Onions Corn Salad Whole Wheat Roll Waldorf Salad
8 Beef Enchilada Mexicali Vegetables Marinated Vegetable Salad Cinnamon Applesauce	9 Breakfast Casserole Rosemary Roasted Carrots Orange Poppy Seed Slaw Raisin Bread	10 Teriyaki Chicken Brown Rice Brussels Sprouts Pears Whole Wheat Roll Ice Milk	11 Hot Turkey Sandwich w/ Mashed Potatoes and Gravy Whole Wheat Bread Brussel Sprouts Corn Salad Pear	12 Breaded Fish Patty on Whole Wheat Bun Tartar Sauce Tomato & Onion Glazed Carrots Garden Salad Fat-Free French Dressing Yogurt w/Strawberries
15 Italian Herb Baked Chicken Pasta Primavera Lima Beans Mixed Grain Bread Strawberry Shortcake Whipped Topping	16 Minestrone Soup Turkey Chef's Salad Light Ranch Dressing Veggie Sticks Mixed Grain Bread Honeydew	17 Easter Lunch Ham Slice Raisin Sauce Corn Salad Green Beans Red Potatoes Raisin Bread Waldorf Salad	 18 BBQ Pulled Pork On Whole Wheat Bun Garden Salad Light Ranch Dressing Corn O'Brien Fresh Apple	19 Beef Cabbage Roll Rosemary Roasted Carrots Corn Salad Fresh Orange
22 Creole Baked Fish Sweet Potatoes Collard Greens and Onions Whole Wheat Bread Waldorf Salad	23 Grilled Chicken with Mayonnaise Lettuce/Tomato On Whole Wheat Bun Black Beans-Corn-Peppers Beet Onion Salad Tropical Fruit Salad	24 Quiche Lorraine Red Potatoes Carrot Raisin Salad Spinach Pineapple	25 Spaghetti w/Meat Sauce Winter Mix Vegetables Marinated Green Bean Salad Mixed Grain Bread Cantaloupe/Blueberry Salad	26 Pork Chow Mein Brown Rice Oriental Spinach Tomato Zucchini Salad Whole Wheat Bread Sunshine Salad
29 Mardi Gras Chicken Creamed Corn Stewed Tomatoes Black-Eyed Pea Salad Mixed Grain Bread Apricots	30 Turkey Tetrizzini Roasted Brussels Sprouts Pears Ice Milk			

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. *no sugar added FF= fat free

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

Suggested donation for seniors 60 and over is \$3.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

2817 Wheaton Way Ste. 208, Bremerton, WA 98310 Phone: 360-377-8511 Fax: 360-377-6736 Website: www.mealsonwheelskitsap.org

Nutrient Analysis for April 2019

Analysis is for all components of the meal, including 1 cup of 1% milk. For additional nutrition info or questions, please contact the Meals on Wheels Kitsap office at 1-360-377-8511 or 1-888-877-8511.

Day	Menu	Calories	Sodium	Protein	Fat	Cholesterol	Carbs
1	Hawaiian Pork	887	577	48	28	108	106
2	BBQ Meatballs	705	1160	36	19	86	102
3	Turkey Vegetable Soup	635	1136	27	27	37	79
4	Herb Baked Fish	676	1128	28	24	48	94
5	Broccoli Cheddar Quiche	759	888	29	32	140	87
8	Beef Enchilada	647	743	25	27	43	89
9	Breakfast Casserole	730	852	30	32	233	87
10	Teriyaki Chicken	901	910	59	33	163	88
11	Hot Turkey Sandwich	624	959	31	15	53	102
12	Breaded Fish Patty	737	1154	33	24	56	106
15	Italian Herb Baked Chicken	1012	830	62	37	162	107
16	Minestrone Soup and Salad	713	1119	37	35	118	68
17	Easter Ham	789	1351	36	25	90	115
18	BBQ Pulled Pork	697	1059	34	26	86	88
19	Beef Cabbage Roll	681	1158	25	25	60	86
22	Creole Baked Fish	683	699	39	24	93	84
23	Grilled Chicken Sandwich	638	891	47	17	101	80
24	Quiche Lorraine	708	772	27	26	141	98
25	Spaghetti w/Meat Sauce	725	910	41	23	71	98
26	Pork Chow Mein	677	975	41	21	82	88
29	Mardi Gras Chicken	961	1074	58	45	164	92
30	Turkey Tetrazzini	638	759	33	23	63	89