**Meals on Wheels Kitsap Frozen Meals Menu ~ August 2022**

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| **1****BBQ Pork Ribs**Roasted Sweet PotatoesGreen BeansRye BreadBread PuddingFresh Orange | **2****Sweet & Sour Chicken****Over Brown Rice**CarrotsCauliflower3 Pack Graham CrackersMarion Berries | **3*****National Watermelon Day*****Zesty Bean Soup**Corn Wild Rice PilafNine Grain BreadOatmeal Fruit BarFresh Watermelon | **4****Salmon Filet****Over Barley**Root Vegetables TrioBroccoliWhole Wheat RollFresh Orange | **5****Stuffed Pepper Casserole****Over Brown Rice**Winter SquashLima BeansNine Grain BreadFresh Apple |
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| **8****Baked Ziti**CauliflowerBean MedleyWhole Wheat BreadFresh Kiwi | **9****Pork Adobo****Over Brown Rice**Oriental SpinachBroccoliWhole Wheat RollIce MilkFresh Orange | **10****BBQ Chicken**Pasta PrimaveraWinter Mix VegetablesMixed Grain BreadFresh Peach | **11****Beef Taco Meat**Spanish RiceBlack Beans-Corn-PeppersFlour TortillaSalsaOatmeal Fruit BarFresh Apple | **12****Baked Fish Florentine** **Over Spinach**BarleyScandinavian Veggie BlendMixed Grain BreadFrozen Blueberries |
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| **15****Swedish Meatballs****Over Curly Noodles**Rosemary Roasted CarrotsCabbageRye BreadFresh Pear | **16****Salmon Fillet****Over Quinoa**PeasRoot Vegetable TrioWhole Wheat RollOatmeal Raisin CookieFresh Mandarin | **17****Orange Glazed Chicken****Over Quinoa**Roasted Sweet PotatoesBrussels Sprouts Raisin BreadFresh Apple | **18****Turkey Pot Pie**Lima BeansBroccoliNine Grain BreadOatmeal Fruit BarFresh Peach | **19****Chicken Mulligatawny Soup**Wild Rice PilafWinter SquashWhole Wheat BreadFresh Orange  |
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| **22****Hawaiian Pork****Over Brown Rice Pilaf**Roasted Sweet PotatoesOriental VegetablesWhole Wheat RollFortune CookieFresh Mandarin | **23****Honey Lemon Chicken****Over Quinoa**PeasCarrots & CauliflowerWhole Wheat BreadFresh Pear | **24****Mediterranean Bean Soup**Red PotatoesMixed VegetablesNine Grain BreadOatmeal Fruit BarFresh Orange  | **25****Beef Cabbage Roll****Over Brown Rice**Green BeansCarrotsWhole Wheat BreadFresh Apple | **26****Turkey Slice****Over Brown Rice****With Gravy**BroccoliWinter SquashMixed Grain BreadFresh Nectarine |
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| **29****Hungarian Goulash**SpinachCauliflowerRye BreadFresh Apple | **30****Clam Chowder**Oyster CrackersBlack Beans-Corn-PeppersSweet PotatoesWhole Wheat BreadFresh Peach | **31****Roast Pork Slice****With Gravy****Over Wild Rice Pilaf**BroccoliRosemary CarrotsNine Grain BreadFresh Kiwi |  | Watermelon Cartoon - ClipArt Best |