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

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| **1**  **BBQ Pork Ribs**  Roasted Sweet Potatoes  Green Beans  Rye Bread  Bread Pudding  Fresh Orange | **2**  **Sweet & Sour Chicken**  **Over Brown Rice**  Carrots  Cauliflower  3 Pack Graham Crackers  Marion Berries | **3**  ***National Watermelon Day***  **Zesty Bean Soup**  Corn  Wild Rice Pilaf  Nine Grain Bread  Oatmeal Fruit Bar  Fresh Watermelon | **4**  **Salmon Filet**  **Over Barley**  Root Vegetables Trio  Broccoli  Whole Wheat Roll  Fresh Orange | **5**  **Stuffed Pepper Casserole**  **Over Brown Rice**  Winter Squash  Lima Beans  Nine Grain Bread  Fresh Apple |
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| **8**  **Baked Ziti**  Cauliflower  Bean Medley  Whole Wheat Bread  Fresh Kiwi | **9**  **Pork Adobo**  **Over Brown Rice**  Oriental Spinach  Broccoli  Whole Wheat Roll  Ice Milk  Fresh Orange | **10**  **BBQ Chicken**  Pasta Primavera  Winter Mix Vegetables  Mixed Grain Bread  Fresh Peach | **11**  **Beef Taco Meat**  Spanish Rice  Black Beans-Corn-Peppers  Flour Tortilla  Salsa  Oatmeal Fruit Bar  Fresh Apple | **12**  **Baked Fish Florentine**  **Over Spinach**  Barley  Scandinavian Veggie Blend  Mixed Grain Bread  Frozen Blueberries |
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| **15**  **Swedish Meatballs**  **Over Curly Noodles**  Rosemary Roasted Carrots  Cabbage  Rye Bread  Fresh Pear | **16**  **Salmon Fillet**  **Over Quinoa**  Peas  Root Vegetable Trio  Whole Wheat Roll  Oatmeal Raisin Cookie  Fresh Mandarin | **17**  **Orange Glazed Chicken**  **Over Quinoa**  Roasted Sweet Potatoes  Brussels Sprouts  Raisin Bread  Fresh Apple | **18**  **Turkey Pot Pie**  Lima Beans  Broccoli  Nine Grain Bread  Oatmeal Fruit Bar  Fresh Peach | **19**  **Chicken Mulligatawny Soup**  Wild Rice Pilaf  Winter Squash  Whole Wheat Bread  Fresh Orange |
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| **22**  **Hawaiian Pork**  **Over Brown Rice Pilaf**  Roasted Sweet Potatoes  Oriental Vegetables  Whole Wheat Roll  Fortune Cookie  Fresh Mandarin | **23**  **Honey Lemon Chicken**  **Over Quinoa**  Peas  Carrots & Cauliflower  Whole Wheat Bread  Fresh Pear | **24**  **Mediterranean Bean Soup**  Red Potatoes  Mixed Vegetables  Nine Grain Bread  Oatmeal Fruit Bar  Fresh Orange | **25**  **Beef Cabbage Roll**  **Over Brown Rice**  Green Beans  Carrots  Whole Wheat Bread  Fresh Apple | **26**  **Turkey Slice**  **Over Brown Rice**  **With Gravy**  Broccoli  Winter Squash  Mixed Grain Bread  Fresh Nectarine |
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| **29**  **Hungarian Goulash**  Spinach  Cauliflower  Rye Bread  Fresh Apple | **30**  **Clam Chowder**  Oyster Crackers  Black Beans-Corn-Peppers  Sweet Potatoes  Whole Wheat Bread  Fresh Peach | **31**  **Roast Pork Slice**  **With Gravy**  **Over Wild Rice Pilaf**  Broccoli  Rosemary Carrots  Nine Grain Bread  Fresh Kiwi |  | Watermelon Cartoon - ClipArt Best |