

Meals on Wheels Kitsap Hot Meals Menu ~ December 2018

3 Marinated Green Bean Salad Cajun Baked Fish Tartar Sauce Black Beans and Rice Okra Melange Mandarin Orange	4 Rainbow Pasta Salad Beef Chili Tortilla Chips Broccoli Cinnamon Applesauce	5 Orange Poppy Seed Salad Turkey Slice Turkey Gravy Wild Rice Pilaf Winter Squash Fresh Apple	6 Fresh Mandarin Orange Mulligatawny Soup Chicken Salad Sandwich Half with Lettuce & Tomato on Whole Wheat Bread Corn Salad Oatmeal Raisin Bar	7 BBQ Pork Ribs HM Baked Beans California Vegetables Whole Wheat Bread Tropical Fruit Salad
10 Black-eyed Pea Salad Beef Cabbage Roll Corn O'Brien Broccoli Sunshine Salad	11 Marinated Vegetable Salad Roast Pork Slice Pork Gravy Roasted Sweet Potatoes Green Beans Mixed Grain Bread Ambrosia	12 Pea-Cheese Salad Salmon Fillet Lemon Wedge Red Potatoes Scandinavian Vegetables Raisin Bread Cinnamon Applesauce	13 Rainbow Pasta Salad Turkey Pot Pie Spinach Fresh Orange	14 Apple Slaw Herb Baked Chicken Lentils & Rice Pilaf Rosemary Roasted Carrots Bread Pudding Whipped Topping
17 Salisbury Steak Mushroom Sauce Barley Carrots Mixed Grain Bread Kiwi	18 Broccoli Salad Pork Stew Winter Squash Rye Bread Fresh Apple	19 Turkey Porcupine Meatballs Green Beans Carrot Raisin Salad Beet and Onion Salad *Chocolate Pudding	20 Tropical Fruit Salad Honey Lemon Chicken Mashed Potatoes and Gravy Peas and Onions Whole Wheat Roll *Ice Milk	21 Christmas Lunch Festive Sunshine Salad Ham Slice Cranberry Sauce Mashed Sweet Potatoes Green Beans Bread Pudding Whipped Topping
24 Closed for Christmas Eve. No Meal Services.	25 Closed for Christmas Day. No Meal Services.	26 Hearty Salad FF French Dressing Baked Macaroni and Cheese Bean Medley Whole Wheat Roll Mandarin Oranges	27 Garden Salad Thousand Island Drsg (2pkts) Spaghetti and Meatballs Italian Vegetables Nine Grain Bread Fresh Orange	28 Carrot Pineapple Salad Pork Adobo Brown Rice Oriental Vegetables Whole Wheat Bread Oatmeal Fruit Bar
31 Peaches Teriyaki Chicken Brown Rice Oriental Spinach Whole Wheat Roll Fortune Cookie				

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 Rev. 7/9/18

Nutrient Analysis for December 2018

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

Day	Menu	Calories	Sodium	Protein	Fat	Cholesterol	Carbs
3	Cajun Baked Fish	701	755	44	32	107	63
4	Beef Chili	701	762	36	23	70	97
5	Turkey Slice	740	1136	34	20	64	115
6	Soup and Chicken Salad Sand.	690	681	32	23	50	100
7	BBQ Pork Ribs	846	1031	43	32	107	100
10	Cabbage Roll	553	911	26	18	48	78
11	Roast Pork Slice	778	770	43	33	97	83
12	Salmon Fillet	731	931	44	24	109	96
13	Turkey Pot Pie	656	1026	36	25	78	79
14	Herb Baked Chicken	783	640	44	34	115	81
17	Salisbury Steak	680	897	32	31	86	73
18	Pork Stew	679	788	43	25	103	79
19	Turkey Porcupine Meatballs	692	1127	49	21	182	81
20	Honey Lemon Chicken	818	841	48	23	106	102
21	Christmas Ham	658	1177	31	18	89	98
26	Baked Macaroni and Cheese	820	1198	36	35	69	85
27	Spaghetti and Meatballs	725	994	36	28	86	91
28	Pork Adobo	806	809	52	24	134	99
31	Chicken Teriyaki	715	733	43	26	98	70