**Meals on Wheels Kitsap Hot Meals Menu ~ February 2020**

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| **3**  **Baked Macaroni and Cheese**  Hearty Salad  Catalina Dressing  Lima Beans  Whole Wheat Roll  Fresh Kiwi | **4**  **Ham Potato Bake**  **Over ¼ cup Quinoa**  Winter Mix Vegetables  Black Eye Pea Salad  Nine Grain Bread  Peaches | **5**  **Spaghetti and Meatballs**  Italian Vegetables  Garden Salad  Thousand Island Dressing  Whole Wheat Bread  Fresh Orange | **6**  **Teriyaki Chicken**  **Over Brown Rice**  Oriental Spinach  Carrots  Apple Slaw  Whole Wheat Roll  Fortune Cookie | **7**  **Baked Fish Florentine**  Roasted Sweet Potatoes  Brown Rice Pilaf  Festive Sunshine Salad  Mixed Grain Bread  Fresh Apple |
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| **10**  **Clam Chowder**  Oyster Crackers  Hearty Tossed Salad  Balsamic Vinegar Dressing  Sunshine Salad  Nine Grain Bread  Brownie | **11**  **Beef Cabbage Roll**  **Over Brown Rice**  Mixed Vegetables  Orange Poppy Seed Slaw  Black-eyed Pea Salad  Whole Wheat Roll | **12**  **Orange Glazed Chicken**  Stewed Tomato with Macaroni  Marinated Vegetable Salad  Whole Wheat Bread  Waldorf Salad | **13**  **Turkey a la King**  Curly Noodles  Peas  German Coleslaw  Mixed Grain Bread  Mandarin Oranges | **14**  Image result for valentines clipart***Happy Valentine’s Day!***  **Swedish Meatballs Over Brown Rice**  Carrots  Green Bean Casserole  Festive Sunshine Salad  Rye Bread  Sugar Cookie with Sprinkles |
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| **17**  ***Presidents Day***  Image result for president day clipart  No Meal Services | **18**  **Zesty Bean Soup**  Hearty Salad with  Balsamic Vinegar Dressing  Quinoa  Corn Salad  Nine Grain Bread  Fresh Apple | **19**  **Meatloaf**  Gravy  Barley  Spinach  German Coleslaw  Mixed Grain Bread  Peaches  Ice Milk | **20**  **Sweet & Sour Pork**  Brown Rice  Rosemary Roasted Carrots  Tomato Onion Salad  Whole Wheat Roll  Pineapple | **21**  **Chicken Fajita Casserole**  Warm Flour Tortilla  Spanish Rice  Mexicali Vegetables  Refried Beans  Fresh Orange |
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| **24**  **Turkey Slice**  Turkey Gravy  Wild Rice Pilaf  Winter Squash  Orange Poppy Seed Slaw  Fresh Pear  Whole Wheat Roll | **25**  **Mardi Gras Chicken**  **Over Brown Rice**  Creamed Corn  Image result for simple mardi gras clipart  Stewed Tomatoes  Mixed Grain Bread  Apricots | **26**  **BBQ Pork Ribs**  **Over Quinoa**  Baked Beans  California Vegetables  Whole Wheat Bread  Tropical Fruit Salad | **27**  **Cajun Baked Fish**  Tartar Sauce  Black Beans and Rice  Okra Melange  Marinated Green Bean Salad  Mandarin Oranges  Nine Grain Bread | **28**  **Beef Stew**  Broccoli  Rainbow Pasta Salad  Cinnamon Applesauce  Whole Wheat Bread |
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